

REAL SIMPLE

LIFE MADE EASIER

23 PAGES
OF HEALTHY,
TASTY
RECIPES

Freshen Your Beauty Routine

31 Genius New Products

+ Pretty Ways to
Organize Them

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with California Closets



Kristina Meltzer, Los Angeles





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A Place To Unwind

GET INSPIRED TO CREATE A CALMING
BEDROOM OASIS WITH GLADE AND LIFESTYLE
EXPERT FALON CARMICHAEL SANTIAGO

Fallon Carmichael Santiago and her family recently moved from a small New York City apartment to a house three times its size in New Jersey. With a husband plus two boys under the age of five, she was excited to finally have a space where she could escape for occasional moments of solitude.

Santiago set out to put together a bedroom that was both refreshing and relaxing—evoking childhood beach visits to Northern California, along with family vacations to her husband's native Puerto Rico. Read on to see how she achieved her desired result.



For more lifestyle tips from Fallon Carmichael Santiago, follow her on Instagram at [@casadefallon.](https://www.instagram.com/casadefallon)





Add bliss to your bedroom
with a few quick tips.

REACH FOR SPA-LIKE SCENTS

I love home fragrances that make me happy and put me in a better mood. My new go-to fragrance is Aqua Waves™ in the Glade® plugIns® PLUS, which gives off a beachy vibe that sets the tone as we approach spring and summer.

FOLLOW A BEDTIME ROUTINE

Baths are huge for me. Afterwards, I like to slip into something cozy and drink herbal tea while reading or journaling. I put my phone away so I'm not scrolling through social media before bed—super important for an influencer. Lastly, I set my Glade® plugIns® PLUS to 8 hour rest mode to save energy and fragrance while I sleep.

SLEEP IN STYLE

I wanted our bed to feel like a hotel bed so we went for a super-comfy king size with lots of pillows and different textures. Silk pillowcases do wonders for my curly hair so I added those along with my favorite weighted blanket. I also always use a sleep mask, which I highly recommend!

LET NATURE IN

Each morning I open the blinds right away to bring in natural sunlight, and I keep plants in our room for an airy feel. I love that my Glade® plugIns® PLUS wakes up when I do so I awake to a rejuvenating scent like Glade® Aqua Waves™. It makes me think of a day at the ocean. I'll take it!



The most energy efficient
plug-in*, NEW Glade®
plugIns® PLUS features rest
mode, automatic shut-
off, a refill indicator light,
fragrance adjustability, and
smart light technology to
save energy and fragrance.



Learn more at glade.com.

*vs. US marketed warmers on setting during a 24-hour period



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DISTRESSED
SKIN THAT
STRUGGLES?**

Use product
only as directed.

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This unique formula, with our highest concentration of prebiotic oat, is clinically proven to intensely moisturize over time to improve skin's resilience.



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SKIN THERAPY**
SENSITIVE, DISTRESSED DRY SKIN

Oat Repairing Cream

prebiotic oat concentrate,
aloe & pro-vit B5

FRESHEN YOUR BEAUTY ROUTINE

MARCH



“Nothing is more beautiful than someone who goes out of her way to make life beautiful for others.”

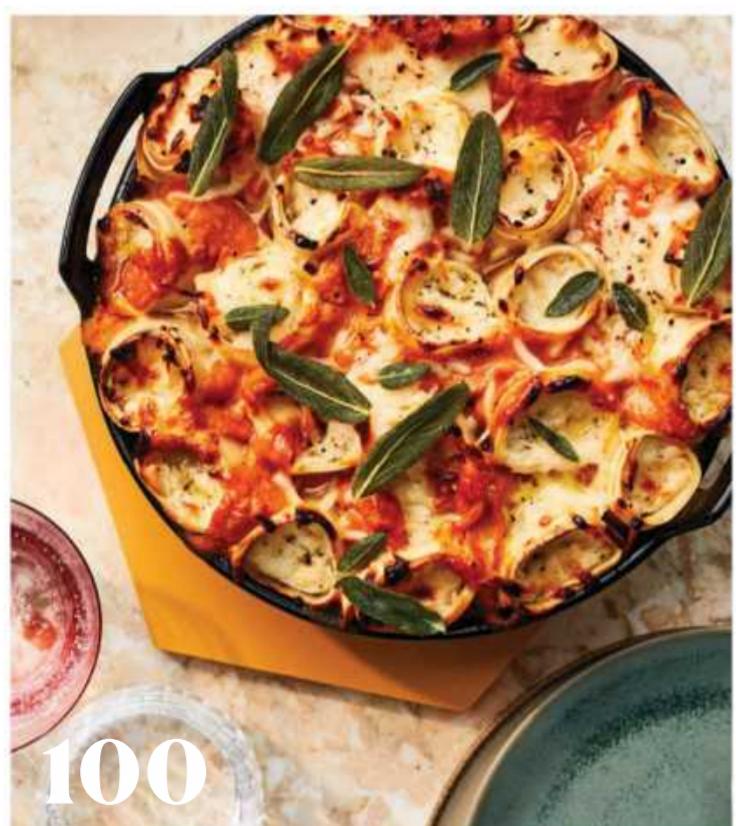
MANDY HALE, *THE SINGLE WOMAN*

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Cover Photograph by Ted + Chelsea Cavanaugh

Prop Styling by Aude Angot

"The Kicker"



"The Flamingo"



"The Irish Stepdance"



UP TO

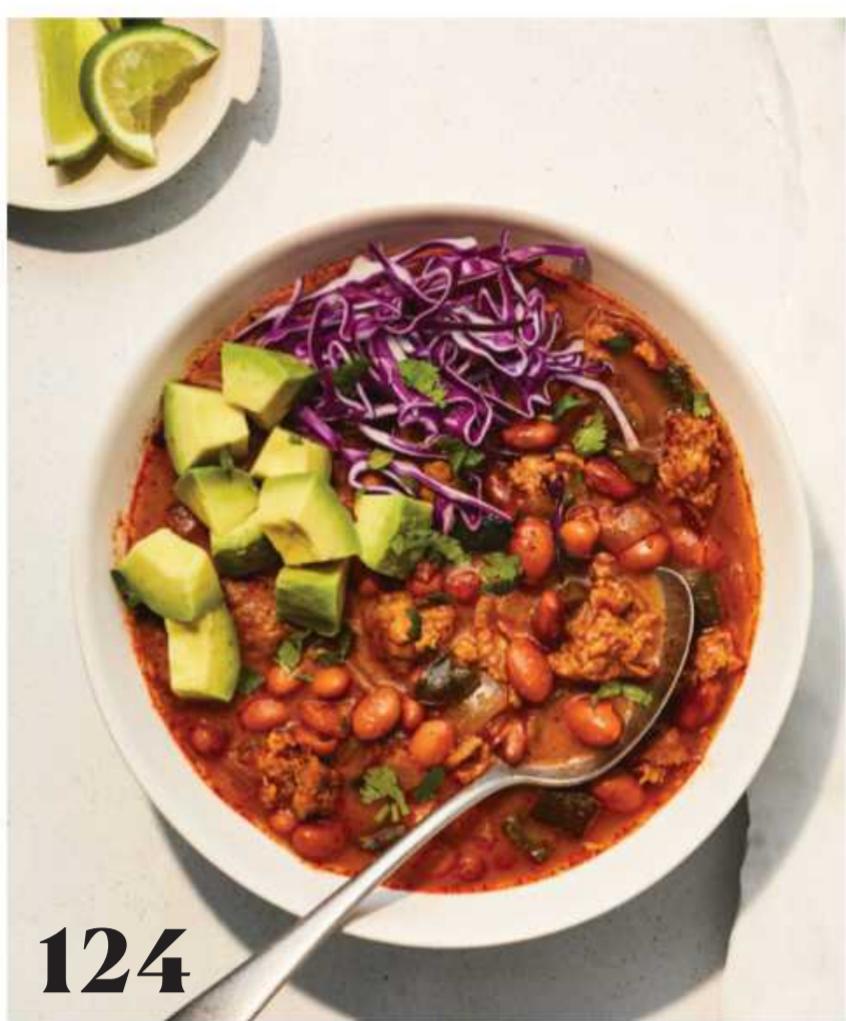
**100% leak free,
no matter how you sleep**

Always Overnight pads have a **2X larger back***
for up to 10 hours of protection while you sleep.



*vs. Always Maxi Regular with wings

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Cassie Flower wax, provides
a visible lifting and wrinkle-
smoothing effect.

VISIBLE RESULTS IN 4 WEEKS:**

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- 83% Dark circles minimized
- 82% Wrinkles diminished
- 80% Persistent puffiness reduced



CLARINS

*For 80% of women - Satisfaction test - 110 women - 60 seconds after the first application.
**Satisfaction test - 110 women after 28 days of use.

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EDITOR'S NOTE

When My Beauty Team Says It Works...



BANGS, A HIGH PONYTAIL, dark nails. I'm someone who finds a look she likes and sticks with it.

Like, forever.

I've done my own nails since my teens—the manicure gods blessed me with two equally steady hands. For a decade, I did French tips with white and Ballet Slippers pink Essie polishes. But when I moved to New York City, I wanted (as one does) to bring a little more edge to my look. A beauty editor handed me OPI's Lincoln Park After Dark, and I immediately fell for the almost-black purpleness of it. That was 20 years ago, and I've never looked back.

My father once asked me, well into my adulthood, why I didn't get a hairstyle, since whenever he saw me, my hair was pulled back like a cheerleader's. Because I get tired of fussing with it, I explained. In my line of work, I spent my days

looking down at manuscripts on my desk. Even with a beautiful blowout, I'd pull my hair back to get it off my face and out of my mind.

Then a television producer told me, "Lots of magazine editors have a version of the Aniston. Your ponytail and bangs make you memorable."

I've been going with it ever since.

I go similarly way back with Dove soap, Jo Malone scent, Neutrogena sunscreen, Curél lotion, Pantene conditioners (love the smell), and Olay moisturizers (which I've been using since the brand went by its maiden name, Oil of Olay).

When will I try something new? When our beauty director, Heather Muir Maffei, talks it up. Her pitch meetings should be on YouTube—pure theater. During her presentation for our annual beauty awards (page 54), I found my new foundation (less cakey, covers my redness), from It Cosmetics. And I have finally dropped my pricey lash extensions habit: I'm mid-lash transition with a growth serum recommended by Deputy Beauty Director Lisa DeSantis and Assistant Beauty Editor Anneke Knot.

Otherwise, I figure if the ponytail, bangs, and purple nails are ever so embarrassingly out of style that I'm hurting the brand, Heather, Lisa, and Anneke will draw straws to decide who tells me.

GET THERE, GIRL!

You dream of retiring well. But living that dream requires a lot of planning. That's why we've teamed up with Fidelity to offer a free virtual event, **The New Rules of Retirement**, hosted by Senior Editor Brandi Broxson (our resident money expert) and some of our favorite investment advisers. Go to realsimple.com/newrules to join us on March 25 at 4 p.m. EST.

A handwritten signature in black ink, appearing to read "XO J. Vaccariello".



LET'S CONNECT!
Follow me on Instagram at [@LizVaccariello](https://www.instagram.com/lizvaccariello).

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TYLENOL® won't raise blood pressure the way that Advil®, Aleve®, or Motrin®¹ sometimes can.

#1 Doctor Recommended OTC* Pain Relief Brand for those with high blood pressure.

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REAL SIMPLE

What trend do you regret trying?

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"I had big hair,
big jewelry, acid-wash jeans, and
Dynasty-size shoulder pads."



"Platform flip-flops
and an armful
of Silly Bandz."

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"Stirrup pants and
leg warmers."



"Spiral perm with
mile-high bangs
curled back then
sprayed stiff
with hairspray and
teased into a
waterfall-like arch."



"Shirts with
ruffled sleeves
and collar, à la
The Partridge
Family. Ouch!"

ECZEMA: UNDER CONTROL. SO ROLL UP THOSE SLEEVES.

DUPIXENT is a breakthrough in the treatment of uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

HELP
HEAL
YOUR
SKIN
FROM
WITHIN™

SHAWN, REAL PATIENT.

Individual results may vary.

DUPIXENT helps heal the look and feel of skin. And it's not a cream or steroid. It's a biologic that continuously treats eczema over time—even between flare-ups. See and feel a significant difference with:

Clearer skin

Fast itch relief

- In clinical trials at 16 weeks, 37% of adults and 24% of teens (ages 12-17) saw clear or almost clear skin vs 9% and 2% not on DUPIXENT.
- And 38% of adults and 37% of teens (ages 12-17) had significantly less itch vs 11% and 5% not on DUPIXENT.

DUPIXENT®
(dupilumab) Injection
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936) —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during

pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to

the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT.

Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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*Limitations apply. Visit DUPIXENT.com for full program terms.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

• If your dose schedule is every other week and you miss a dose of DUPIXENT:

DUPIXENT: Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.

• If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:

DUPIXENT: Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.

- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.

- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)

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Issue Date: June 2020

Real Simple Everywhere

Find exclusive ideas, tips, and ways to make life easier—every day.



BEHIND THE SCENES

Susan Choi

NATIONAL BOOK AWARD WINNER
@susanmchoi

Ideal writing setup:

Anywhere outside my home where I have quiet, privacy, and a desk no one else uses.

Inspiring location:

I love climbing Mt. Abraham in Vermont.

What makes you feel beautiful:

Swimming in this one pond on Cape Cod. It takes about 20 minutes to swim the circumference, and the process always takes me outside myself.

That's a very beautiful feeling.

Read Susan's essay about going gray on page 89.

FROM TOP LEFT: COURTESY OF HEATHER WESTON; COREY OLSEN; CAITLIN BENSEL

ON YOUR EARBUDS
Money Podcast
Subscribe and listen to our new podcast, **Money Confidential**. Host Stefanie O'Connell Rodriguez and financial pros offer real-world saving strategies and investment advice.



IN YOUR HOME

Real Simple Stacks

"Really wish I had a day to just do *this*. Catch up on podcasts and my growing stack of unread magazines," wrote @christybgraves on Instagram. Snap a pic of your own stack and tag it **#rseverywhere**. Your photo may appear in print.



IN THE KITCHEN

Satisfying Soup Recipes

Ladle everyone up a bowl of comfort—and dinner. Find a gallery of crowd-pleasing recipes at realsimple.com/soup.



ON YOUR BOOKSHELF

Our Decluttering Bookazine

Tidy up once and for all with our whole-house guide, *Organizing Room by Room*. The tips save time and aggravation, so you can peacefully purge your place.

YOUR WORDS

What Compliment Would You Give Yourself?

"You're an excellent listener, and you use what you hear to encourage people."

MELISSA STILLMAN,
ORLANDO, FLORIDA

#RSLOVE

"Cheering you on! You're a proud daughter of immigrants, you're ambitious in business, and you care for the ones you love. Échale ganas!"
@ANTIGUAFLORAL



For sharing this photo with us, @antiguafloral will receive our new special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with #rslove.

I am smart and sassy and will always stand up for myself. Oh, you asked for just one.
CARRIE MATTISON,
LITTLE EGG HARBOR,
NEW JERSEY

My 59-year-old self would say, "You don't look a day over 50!"
PAULINE BOYD,
MINNEAPOLIS

"Practice has paid off on your cooking skills."

© @THUMPHEY

I am a balaboosta. This is a Yiddish term of endearment that means "perfect homemaker." While I am far from perfect, I love to bring family together by cooking and carrying on traditions my parents instilled in us.

DEBRA STAHL,
DAVIE, FLORIDA

I'm organized. I always say, "Simplicity clears the mind."

PATRICIA ANDERS,
KINGSLAND, TEXAS

My plus-size body is beautiful, and I'm thankful for it.

KAREN NICHOLAS,
SUTHERLAND, VIRGINIA

"You are a self-taught talent with a glorious head of hair!"
© @THEGIRLWITH
GOODTASTE

"You are one smart cookie, girl!"
SUE GRANT, SPARKS,
NEVADA

"You make a damn good salad."
NANCY WEBSTER,
GREENSBORO,
NORTH CAROLINA

"You are strong, resilient, and beautiful, and the world is a better place with you in it. Remember to be kind to yourself."

NICOLE WARD,
BROOKLYN, NEW YORK

"Your gray hair makes you look even younger."

JAN FERRARI, DALLAS

I can make anyone feel comfortable.

I'm not sure how, honestly, but it's probably because I don't take myself too seriously.

 @ANNIEFERRANTE1

I received a tube of bright red lipstick as a gift. It felt too bold to wear, so instead I used it to write on my mirror, "I am enough," and "You are beautiful." In case I forget!

JENNY PIEZAS,
CRANFORD, NEW JERSEY

I am a good mom.

I need a little reminder sometimes!

SHEENA GREENBERG,
PHENIX CITY, ALABAMA

"You value your friendships."

JUDY ROGERS,
TOPEKA, KANSAS

"You have always had a heart for the black sheep, and you've made a difference with your inclusive love."

 @ANGELINAHERRICK

"You make a killer chocolate chip cookie."

SARAH PRINCEHORN,
SALISBURY,
MASSACHUSETTS

"You're 61 and have never spit on anyone? Impressive show of restraint, Joanne!"

 @JOANNEINTHEPINELINY



READER OF THE MONTH

Rachael Bosman, 37

INTERIOR DESIGNER
GRAND RAPIDS, MICHIGAN

What compliment would you give yourself?

I really do love the person I've become, but also I just really like my nose!

Home is where...

Family is. And I don't limit that to blood relations.

What's your "me" time?

Bubble bath with a glass of Bordeaux and Claude Debussy's "Clair de Lune" playing.

What's your "meh" time?

Crafts. I try to get into them and be creative. It all ends up sitting there for a week, until I give up.

Most organized part of your life:

When I remodeled my kitchen, I made sure every drawer and cupboard had a purpose and something to hold the random things that tend to collect.

What's always in your home?

Blankets. I think every room has one or two. What's more inviting than a cozy blanket?

What's always in your car?

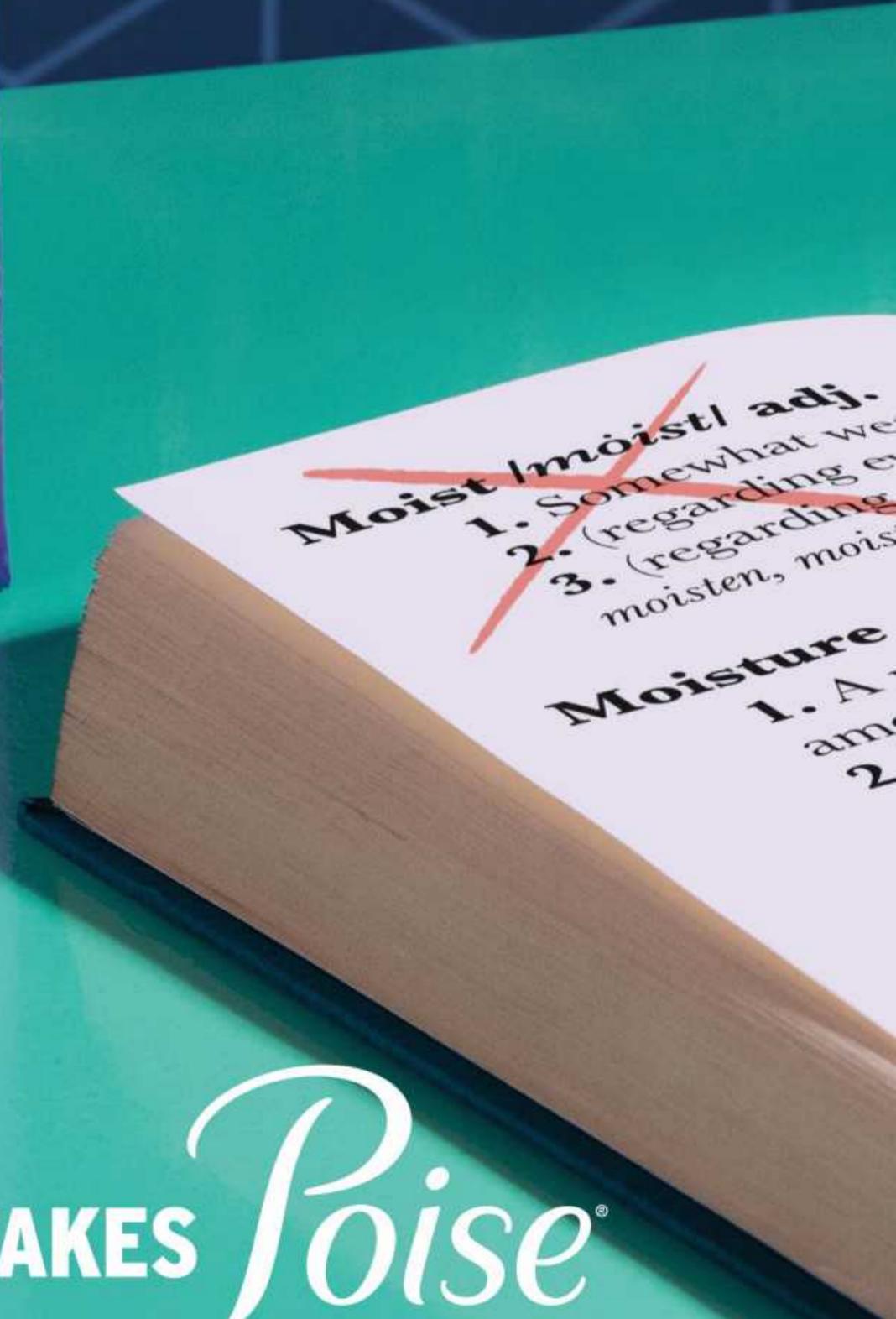
Emergency chocolate. Because... chocolate emergencies!

NEXT QUESTION

What about your home have you been surprised to love more and more over the years?

Send an email to yourwords@realsimple.com and let us know your answer to this question. Your response could appear on these pages.

10X DRIER[†] MEANS 10X CLOSER TO BANISHING THE WORD "MOIST!"



**10X
DRIER**
THAN ALWAYS[†]

Poise[®] Daily Liners
are designed specifically
to soak up unplanned
pee-bursts.

tvs. the leading Always period liner.

IT TAKES *Poise*[®]

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HAPPY HOME OFFICE / SMART THERMOMETER / PINK HUMMUS

DELIGHTS

WE'RE LOVING

A Loo That's a Looker

Brighten your bathroom with cheerful accessories, like a floor mat that verges on art and a truly chic toilet paper holder.

BY CAT DASH



FINE LINES

Bold pattern, unexpected colors, reversible—these vibrant, cotton-terry hand and bath towels are pure, clean fun. **TO BUY:** Set of Stripe Towels, \$132; dusendusen.com.

**1 TISSUES INCOGNITO**

Upgrade a standard tissue box with a colorful, leather-trimmed wool cover.

TO BUY: Tissue Box Cover, \$48; graf-lantz.com.

2 MIRÓ-LIKE MAT

Your toes will love stepping out of the tub and onto this artsy bath mat. It's 100 percent cotton with a fluffy pile. **TO BUY:** Cool Breeze Bathmat, \$60; coldpicnic.com.

3 KEEP IT CONTAINED

Store cotton swabs and pads in sleek, swirly canisters. **TO BUY:** Ceramic Marble Patterned Canisters, from \$7; homegoods.com for stores.

4 ART OPENING

This long-lasting canvas shower curtain is made from cotton that's grown, milled, dyed, and sewn in the U.S.

TO BUY: Pacifica Shower Curtain, \$198; quiettownhome.com.

5 DYNAMIC DUO

To freshen up the powder room, try a towel ring with leather-and-brass hardware and a toilet paper holder with a ledge for a phone.

TO BUY: The Bathroom Set, \$85; newmadela.com.

6 RAISE THE BAR

Attractive and practical: Your soap won't get slimy when you rest it on this water-repellent cork stand.

TO BUY: Cork Soap Dish, \$13; wildminimalist.com.

7 GOOD STANDING

The all-natural material of these toothbrush holders dries rapidly, staving off mildew. **TO BUY:** Quick Dry Toothbrush Stands, \$8 each; mamap.life.

8 STYLISH SET

Get a matching group of hardworking essentials—trash can, soap pump, toilet brush—in a matte silicone design. **TO BUY:** Sono Bathroom Collection, from \$16; blomus.us.



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It's kinda genius.



Capital One
What's in your wallet?



SPACE OF THE MONTH

A Studio That Inspires

Her bright and poppy office helps this artsy entrepreneur get her work done.

BY LESLIE CORONA



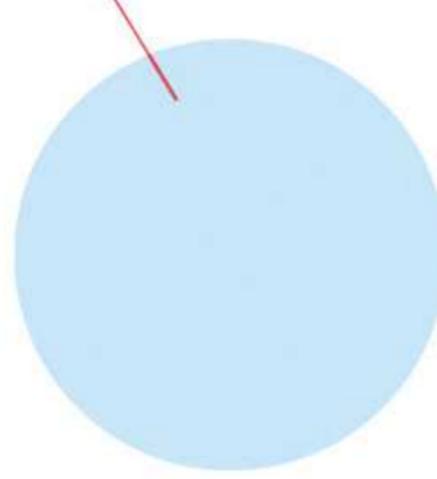
LEFT: COURTESY OF DANIELLE NAGEL; PORTRAIT COURTESY OF PHILLIP BUTLER; PRODUCT IMAGES COURTESY OF MANUFACTURERS

Meet the Owner

DANIELLE NAGEL

Bold colors don't intimidate
Danielle, who founded the clothing line Dazey LA and the interior design firm Dazey Den. While some creatives prefer to work in a white box for its lack of visual noise, Danielle has painted her entire Los Angeles apartment—including her home office—in cheery hues. All that color fills her space with energy, she says, and she feeds off it as she sits at her easel. She also gets inspiration from meaningful art, including her grandmother's pastels and some vintage finds. To set up your own little happy place for working or making, try Danielle's best tips.

Cool blue is a fun and versatile wall color.



Get the Look

HANG ECLECTIC ART

For an interesting gallery wall, include different media, like framed prints, macramé, and canvases. Select an anchor piece, lay it on the floor, and arrange the others around it. After settling on a combo that feels right, snap a photo so you can refer to it as you hang.

TRY A TWO-TONE SCHEME

Choosing a color doesn't have to be hard: Danielle recommends picking a couple you love and layering in two or three shades of each. Don't overthink—turn to other areas of your life for ideas. Danielle went with pink and blue simply because she was using those colors in her clothing line at the time.

BRING IN PLANTS

Foliage makes a work space homey and adds more color (green) without clashing.

TO BUY: Paint: Ice Cold; dunnedwards.com for info. Reims Velvet Tufted Round Storage Ottoman, \$126; wayfair.com. Chelsea Daybed, \$2,279; joybird.com. Amee Chandelier, \$924; mitzi.com. Kahlo Woven Wall Hanging, \$45; burkedecor.com. Pink Rose Canvas Threaded Artwork by Emily Keating Snyder, from \$110; dazeyla.com. Dara Indigo Pillow, \$155; the-citizenry.com.



Danielle hangs pieces from her shop, but she also likes art from society6.com.

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**



= A CHANCE FOR
MORE BIG HORIZONS

A Chance to Live Longer™

THE ONLY FDA-APPROVED **CHEMO-FREE COMBINATION** OF **2 IMMUNOTHERAPIES** THAT WORKS DIFFERENTLY

In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Thank you to all the patients, nurses, and physicians in our clinical trials.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal

- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness

- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite

- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area

- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

Getting medical help right away may help keep these problems from becoming more serious. Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant



Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

Females who are able to become pregnant: Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- See “What is the most important information I should know about OPDIVO + YERVOY?”
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain

- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.

 Bristol Myers Squibb™

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7356-US-2100021 01/21

The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

Book Club Winner

Girls with Bright Futures by Tracy Dobmeier and Wendy Katzman is a sharp, irresistibly fun fictional look at college admissions. Three moms—a frantic PTA type, a renowned tech exec, and her down-to-earth assistant—will stop at nothing to ensure the success of their daughters, who attend an elite Seattle private school. You'll quickly align yourself with one side while relishing the downfall of the other. There's lots of fodder for talks about how insanely far parents will go to get those coveted acceptance letters.

Fast-Paced Thriller

Emma is a well-respected doctor who loves her work and her doting detective husband. But when their young son is diagnosed with cancer, an expensive treatment is their only hope. Out of desperation, Emma turns to selling opioids to pay for it. *Do No Harm* by Christina McDonald is an intense, emotional page-turner that's impossible not to devour in one sitting.

Thinky Nonfiction

Can you accurately describe both sides of a penny? In *Remember*, acclaimed neuroscientist Lisa Genova, the best-selling author of *Still Alice*, explains why so many of us can't—and why that doesn't mean we're losing our minds. This fascinating exploration of how memory works reveals why those blips are totally normal. It's capital-r Reassuring for anyone who's ever walked into a room without remembering why.

Moving Debut

The Kindest Lie by Nancy Johnson tells the story of Ruth, an Ivy League-educated Black engineer living in Chicago in 2008, just after the Obama inauguration. Her husband's eagerness to start a family leads her back to her Indiana hometown to confront her past. In the beleaguered factory town, she forges a friendship with a white middle schooler. As racial rifts deepen, Johnson makes powerful points about our connections and communities.



PROP STYLING BY HEATHER GREENE FOR HELLO ARTISTS

**BRUSHING
LEAVES
BEHIND
OVER A
MILLION
GERMS.**

**LISTERINE®
KILLS
99%
OF THEM***

**FINISH
STRONG**



*Germs that cause bad breath and early gum disease. Use as directed.
©Johnson & Johnson Consumer Inc. 2021



1

BOTTLE SERVICE

Grimy nooks, ridges, and grooves are no match for this drinkware cleaning set, with two brushes for straws, a curved one for lids, and a nib for the tiniest crevices.

TO BUY: Little Sipper, \$6; fullcirclehome.com.

It's dishwasher safe for quick upkeep.



2

BURN, BEGONE

These silicone-trimmed mitts have a snap-on quilted panel to protect arms from a bubbling casserole. When it's time to serve, detach the panel and use it as a trivet. **TO BUY:** Double Oven Mitt+, \$24; kuhnrikonshop.com.



3

OPEN SESAME

This device lets you control, secure, and monitor your garage door from your smartphone. You can share access with visitors and enable Key by Amazon for in-garage delivery.

TO BUY: MyQ Smart Garage Control, \$30; amazon.com.

Clever Items Little Helpers to Make Your Life Easier

BY BRANDI BROXSON



4

SPEEDY TEMP TAKER

In just two seconds, this thermometer glows green for a normal temperature, yellow for slightly high, and red for a fever. It even tests food and bathwater.

TO BUY: Braun 3-in-1 No Touch Thermometer, \$65; target.com.



5

DOGGY BAG VALET

Attach this colorful loop to Fido's leash and use it to hold the bag after he does his business...until you get to a trash can.

TO BUY: The Dooloop, \$10; thedooloop.com.



6

BOUNCE IN YOUR STEP

These stretchy laces turn any shoe into a slip-on.

The elasticity helps kids and people with limited mobility tie shoes more easily. **TO BUY:** The Original Stretchlace Elastic Shoelaces, from \$10; amazon.com.

The first trash bag worthy of a smile.

Glad Beachside Breeze

fig. 1



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The Happiest Trash Bag

With bright colors and scents, plus dual-layer strength,
it's sure to put your trash in a better mood.

GLAD®

Be happy, it's Glad.™



KITCHEN HERO

CANNED CHICKPEAS

Also known as garbanzos or ceci, these pantry stalwarts are the Allison Janney of legumes: brilliant supporting actors that blend in effortlessly while vastly improving the overall product. Most at home in Mediterranean cooking—think creamy hummus, bold salads, and spicy chorizo stews—they also add protein and fiber to healthy(ish) treats, like faux cookie dough bites. When the academy finally hands out the Oscar for Best Bean, our money is on these.

Quick Ideas**PINK HUMMUS**

Pulse a 15.5-oz. can chickpeas (drained and rinsed) and 1 small cooked beet in a food processor until finely chopped. Add 1 chopped clove garlic, 2 Tbsp. tahini, 1 Tbsp. lemon juice, $\frac{3}{4}$ tsp. kosher salt, and $\frac{1}{4}$ tsp. lemon zest; process until smooth. With processor running, drizzle in $\frac{1}{4}$ cup olive oil. Refrigerate for up to 1 week.

CHICKPEA-TUNA SALAD

Stir a 15.5-oz. can chickpeas (drained and rinsed), 2 Tbsp. each red wine vinegar and olive oil, and $\frac{1}{2}$ tsp. kosher salt in a bowl. Let stand, stirring occasionally, for 20 minutes. Stir in a 5-oz. can oil-packed tuna (drained), 1 cup chopped radicchio, $\frac{1}{4}$ cup chopped kalamata olives, 2 Tbsp. capers, and $1\frac{1}{2}$ Tbsp. chopped red onion. Serve over arugula or cooked farro.

CHICKPEA "COOKIE DOUGH" BITES

Pulse 1½ cups rolled oats and ½ cup pecan halves in a food processor until finely ground. Add a 15.5-oz. can chickpeas (drained and rinsed), ½ cup raisins, ⅓ cup molasses, $\frac{3}{4}$ tsp. cinnamon, and $\frac{1}{4}$ tsp. kosher salt; process until smooth. Roll mixture into 22 balls (1½ Tbsp. each). Chill until firm. Refrigerate, covered, for up to 1 week.

By Jenna Helwig

Recipes by
Anna Theoktisto



Eat in peace.
For once.

Kraft

For the win win





MY SIMPLE REALIZATION

“Repetition Fuels Creativity”

Ceramist FRANCES PALMER expands
her point of view with each new pot she makes.

SINCE CHILDHOOD, I've watched the same movies and read the same books many times over. With each viewing or reading, I discover a different idea or inspiration. My understanding of the artist or author deepens, and I appreciate the work all the more. It is a similar exploration with my pottery—through my repetition of forms, I find an aspect in the making that I had not previously imagined. And there are recipes I've made so many times I could make them blindfolded, yet they never taste exactly the same.

I have thrown thousands of pots over the years, including some shapes I form again and again. I work in the studio practi-

cally every day, yet I never find it boring or monotonous—in fact, I look forward to showing up each morning. I once attended a lecture by the artist Carrie Mae Weems, and she clarified something I had long been trying to define. In discussing how artists explore the same theme over and over, she mentioned that Louis Armstrong recorded “St. Louis Blues” more than 80 times, each version with a different sound. This helped me understand why each time I'm making a pot—no matter how large or small or how often I've made the same shape—I learn something new and find a fresh way to articulate my intention.

EXCERPTED FROM *LIFE IN THE STUDIO*
BY FRANCES PALMER (ARTISAN BOOKS).
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When depression sets you back, **Keep Moving Forward.**

Make an appointment to ask your doctor about adding REXULTI® (brexpiprazole) to your antidepressant.

Actor portrayals

When taken with an antidepressant, REXULTI was proven to reduce depression symptoms an extra 62% compared to the antidepressant alone.

ANTIDEPRESSANT



REXULTI
2mg tablets

**62% GREATER REDUCTION
IN DEPRESSION SYMPTOMS**

6 week study in adults, with ongoing symptoms of depression, still taking an antidepressant. Individual results may vary.

INDICATION:

REXULTI is a prescription medicine used to treat major depressive disorder (MDD). REXULTI is used with antidepressant medicines, when your healthcare provider determines that an antidepressant alone is not enough to treat your depression. It is not known if REXULTI is safe and effective in people under 18 years of age.

IMPORTANT SAFETY INFORMATION:

Medicines like REXULTI can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for treating patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or actions in some children, teenagers, or young adults within the first few months of treatment. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings and report such changes to the healthcare provider. This is very important when antidepressant medicine is started or when the dose is changed. REXULTI is approved only for adults 18 and over with depression.

Tell your healthcare provider right away if you have some or all of the following serious side effects:

- Stroke in elderly people (cerebrovascular problems) that can lead to death.
- Neuroleptic Malignant Syndrome (NMS): high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure as these may be symptoms of a rare but potentially fatal condition.
- Uncontrolled body movements in your face, tongue or other body parts (tardive dyskinesia, TD). TD may become permanent, and may start after you stop taking REXULTI.



If you're still feeling depressed after 2 months on an antidepressant, make an appointment to ask your doctor about adding REXULTI. Get a discussion guide to help start the conversation at REXULTI.com.



Text **SAVE** to 96747 to get the REXULTI Savings Card.*

*Message and data rates apply. Message frequency varies. Text HELP for help and STOP to opt-out. Otsuka may use pharmacy information to provide refill reminders with your consent. Terms of Service: <https://rexulti.com/savings-card-terms-and-conditions.aspx>. Privacy Policy: <https://otsuka-us.com/oapi-and-opdc-privacy-policy>.

- **Problems with your metabolism: High blood sugar (hyperglycemia).** If you have diabetes or risk factors for it, your healthcare provider should monitor your blood sugar. **Increased fat levels (cholesterol and triglycerides) in your blood or weight gain.**
- **Unusual urges.** Some people taking REXULTI have had unusual urges, such as gambling, binge eating or eating that you cannot control (compulsive), compulsive shopping and sexual urges.
- **Low white blood cell count.**
- **Decreased blood pressure (orthostatic hypotension).**
- **Seizures (convulsions)**
- **Problems controlling your body temperature so that you feel too warm.** Avoid getting over-heated or dehydrated while taking REXULTI.
- **Difficulty swallowing that can cause food or liquid to get into your lungs.**

The **most common side effects** of REXULTI include weight gain and an inner sense of restlessness such as feeling like you need to move. These are not all the possible side effects of REXULTI. Tell your doctor about all the medicines you're taking, since there are some risks for drug interaction. Until you know how REXULTI affects you, do not drive, operate machinery or do dangerous activities. REXULTI may make you feel drowsy.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the **IMPORTANT FACTS** about REXULTI on the following page.

IMPORTANT FACTS ABOUT REXULTI® (brexpiprazole)

REXULTI (REX-ul-TE) (brexpiprazole) Tablets

RX ONLY

Read the Patient Information that comes with REXULTI before you start taking it and each time you get a refill. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about REXULTI?

REXULTI may cause serious side effects, including:

- **Increased risk of death in elderly people with dementia-related psychosis.** Medicines like REXULTI can raise the risk of death in elderly who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). REXULTI is not approved for the treatment of patients with dementia-related psychosis.
- **Risk of suicidal thoughts or actions.** Antidepressant medicines, depression and other serious mental illnesses, may cause suicidal thoughts or actions. REXULTI is not approved for the treatment of people younger than 18 years of age.
 - **Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, or young adults within the first few months of treatment.**
 - **Depression and other serious mental illnesses are the most important causes of suicidal thoughts or actions. Some people may have a particularly high risk of having suicidal thoughts or actions.** These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
 - **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
 - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
 - Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
 - Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying; new or worsening depression; feeling very agitated or restless; panic attacks; new or worsening irritability; an extreme increase in activity or talking (mania); attempts to commit suicide; new or worsening anxiety; acting on dangerous impulses; trouble sleeping (insomnia); acting aggressive, being angry, or violent; other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to your healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the possible side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines (including prescription medicines, non-prescription medicines, vitamins and herbal supplements) to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

What is REXULTI?

REXULTI is a prescription medicine used to treat major depressive disorder (MDD). REXULTI is used with antidepressant medicines, when your healthcare provider determines that an antidepressant alone is not enough to treat your depression. It is not known if REXULTI is safe and effective in people under 18 years of age.

Who should not take REXULTI?

Do not take REXULTI if you are allergic to brexpiprazole or any of the ingredients in REXULTI. See the end of this fact sheet for a complete list of ingredients in REXULTI.

What should I tell my healthcare provider before taking REXULTI?

Before taking REXULTI, tell your healthcare provider if you:

- have diabetes or high blood sugar or a family history of diabetes or high blood sugar. Your healthcare provider should check your blood sugar before you start REXULTI and during your treatment.
- have high levels of cholesterol, triglycerides, LDL cholesterol, or low levels of HDL cholesterol
- have or had seizures (convulsions)
- have or had low or high blood pressure
- have or had heart problems or a stroke
- have or had a low white blood cell count
- are pregnant or plan to become pregnant. It is not known if REXULTI may harm your unborn baby. Using REXULTI in the last trimester of pregnancy may cause muscle movement problems, medicine withdrawal symptoms, or both of these in your newborn.
 - If you become pregnant while taking REXULTI, talk to your healthcare provider about registering with the National Pregnancy Registry for Atypical Antipsychotics. You can register by calling 1-866-961-2388 or visit <http://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/>
- are breastfeeding or plan to breastfeed. It is not known if REXULTI passes into your breast milk. You and your healthcare provider should decide if you will take REXULTI or breastfeed.

Tell your healthcare provider about all the medicines you take or recently have taken, including prescription medicines, over-the-counter medicines, vitamins and herbal supplements.

REXULTI and other medicines may affect each other causing possible serious side effects. REXULTI may affect the way other medicines work, and other medicines may affect how REXULTI works.

Your healthcare provider can tell you if it is safe to take REXULTI with your other medicines. **Do not** start or stop any medicines while taking REXULTI without talking to your healthcare provider first.

Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

What should I avoid while taking REXULTI?

- **Do not** drive a car, operate machinery, or do other dangerous activities until you know how REXULTI affects you. REXULTI may make you feel drowsy.
- Avoid getting over-heated or dehydrated while taking REXULTI.
 - **Do not** over-exercise.
 - Stay out of the sun. **Do not** wear too much or heavy clothing.
 - In hot weather, stay inside in a cool place if possible.
 - Drink plenty of water.

What are the possible side effects of REXULTI?

See "What is the most important information I should know about REXULTI?"

REXULTI may cause serious side effects, including:

- **Stroke in elderly people (cerebrovascular problems) that can lead to death.**
- **Neuroleptic Malignant Syndrome (NMS):** Tell your healthcare provider right away if you have **some or all** of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.
- **Uncontrolled body movements (tardive dyskinesia):** REXULTI may cause movements that you cannot control in your face, tongue or other body parts. Tardive dyskinesia may not go away, even if you stop taking REXULTI. Tardive dyskinesia may also start after you stop taking REXULTI.
- **Problems with your metabolism such as:**
 - **high blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take REXULTI. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or having a family history of diabetes), your healthcare provider should check your blood sugar before you start taking REXULTI and during your treatment.

Call your healthcare provider if you have any of these symptoms of high blood sugar while taking REXULTI:

- feel very thirsty
- feel sick to your stomach
- need to urinate more than usual
- feel confused, or your breath smells fruity
- **increased fat levels (cholesterol and triglycerides) in your blood.**
- **weight gain:** You and your healthcare provider should check your weight regularly.

- **Unusual urges.** Some people taking REXULTI have had unusual urges, such as gambling, binge eating or eating that you cannot control (compulsive), compulsive shopping and sexual urges. If you or your family members notice that you are having unusual urges or behaviors, talk to your healthcare provider.

• Low white blood cell count

- **Decreased blood pressure (orthostatic hypotension).** You may feel lightheaded or faint when you rise too quickly from a sitting or lying position.

• Seizures (convulsions)

- **Problems controlling your body temperature so that you feel too warm.**

See "What should I avoid while taking REXULTI?"

- **Difficulty swallowing that can cause food or liquid to get into your lungs.**

The **most common side effects** of REXULTI include weight gain and an inner sense of restlessness such as feeling like you need to move.

These are not all the possible side effects of REXULTI. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. **You may report side effects to FDA at 1-800-FDA-1088.**

General information about the safe and effective use of REXULTI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use REXULTI for a condition for which it was not prescribed. Do not give REXULTI to other people, even if they have the same symptoms you have. It may harm them.

This fact sheet provides the most important information about REXULTI, however, this information is not comprehensive. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for information about REXULTI that is written for healthcare professionals.

For more information about REXULTI, go to REXULTI.com or call 1-800-441-6763.

What are the ingredients in REXULTI?

Active ingredient: brexpiprazole

Inactive ingredients: lactose monohydrate, corn starch, microcrystalline cellulose, hydroxypropyl cellulose, low-substituted hydroxypropyl cellulose, magnesium stearate, hypromellose, and talc.

Manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan

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GUIDES

SIMPLE TWIST

A Cool Skin-Care Trick

Facial toner hydrates. It exfoliates. And when you boost its magic with an ice cube tray, it can also depuff. Amanda Bell, global director of artistry and education for Pixi, a beauty and skin-care brand, suggests freezing your favorite daily toner into cubes. Rub one all over your face after cleansing, starting at your forehead and working down. "As you massage the cube on your skin, the cold helps alleviate swelling, like undereye bags," says Dendy Engelman, MD, a dermatologist at Shafer Clinic in New York City. (Just note that freezing could reduce the potency of toners with retinol, vitamin C, and salicylic and glycolic acids.) For a similar effect, toss your face masks into the fridge. —*Brandi Broxson*



THINGS COOKS KNOW

Pretty Delicious

They say we eat with our eyes first, so we asked food stylists—the pros who make the recipes in photos look so amazing—to share their secrets.

BY JENNA HELWIG



Cooking and Baking

GO FOR THE GOLD Get a deep sear on chicken or meat; roast veggies until they're caramelized; broil cheesy casseroles until they're browned and bubbly. That burnished glow and those crispy bits make every dish instantly more mouthwatering.

PERK UP BURGERS Even small tweaks have a big impact, says Monica Pierini, a food stylist in New York City. "Swapping in red leaf, curly leaf, or arugula for your standard lettuce makes a burger look less ho-hum. Some pickled onions or shredded cabbage will also add bright color—and taste."

PREP THE PAN There's nothing worse than taking the time to bake a cake and then having it stick and break when you try to remove it from the pan. Try a nonstick baking spray that contains a bit of flour, like Pam Baking or Baker's Joy. It will even help tricky Bundt cakes release easily.

GET DREAMY WHIPPED CREAM For the most billowy whipped cream, sweeten it with confectioners' sugar instead of granulated, suggests food stylist Jason Schreiber, author of *Fruit Cake*. "Thanks to the cornstarch in the confectioners' sugar, even just a tablespoon will help the whipped cream hold its shape."

Plating and Serving

LET THE FOOD SHINE You can't go wrong with classic white plates and platters, says Chelsea Zimmer, a cookbook food stylist who also works at Meredith Food Studios in Birmingham, Alabama. "Neutral colors are a nice complement to most foods too."

KEEP PASTA SIMPLE To make pasta look amazing, you don't need the perfect small coils you see in some food videos, Pierini says. "Combine the pasta and some sauce before plating. Swirl the pasta around a big serving fork or tongs a few times, and place it on the serving platter. Top with the remaining sauce and serve."

CHILL OUT If you're craving that clean, crumb-free brownie square or slice of cake, refrigerate the dessert before cutting.

SLICE TWICE Schreiber admits it's notoriously difficult to get a pretty first slice of pie out of the pan. He turns to a trick he learned from Martha Stewart, he says. "Cut two slices to start. That tiny bit of extra space helps get the first piece on a plate in, well, one piece."

AND FOR MAXIMUM IMPACT WITH MINIMAL EFFORT...

Always wipe the rims of platters or plates before serving.

Finishing

GET YOUR GARNISH ON

Never underestimate the power of fresh herbs. A sprinkle of crushed red pepper, toasted sesame seeds, or freshly ground black pepper will also boost flavor and appearance.

POUR ON THE GOOD STUFF

"A drizzle of olive oil gives pasta, vegetables, and grains a subtle luster and the visual promise that whatever is being served won't be dry," Pierini says.

WHIP UP CHOCOLATE CURLS

To garnish cakes or pies, start with a block of chocolate and a vegetable peeler. Heat the block in the microwave for a few seconds to soften it slightly, then drag the peeler over the chocolate. "If the block is too cold, you'll get shavings instead of curls," Schreiber explains. Don't despair if that happens—shavings can look fancy too!

PUSH SWEETS OVER THE TOP

A last-minute creamy or drizzly moment adds a real wow factor to desserts, Zimmer says: "Think a scoop of melty ice cream, a smear of frosting, or a spoonful of warm caramel." A crunchy element is also welcome; try chopped toasted nuts or flaky sea salt.



Pasta With Shrimp & Spicy Tomato Sauce

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ACTIVE TIME **15 MINS**
TOTAL TIME **20 MINS**
SERVES **4**

- 1 lb. pasta, such as Barilla® Collezione Spaghetti
- 1 Tbsp. olive oil
- 1 lb. large peeled and deveined shrimp
Kosher salt and black pepper
- 1 jar of Vero Gusto Calabrian Marinara sauce
- $\frac{1}{4}$ cup chopped fresh flat-leaf parsley

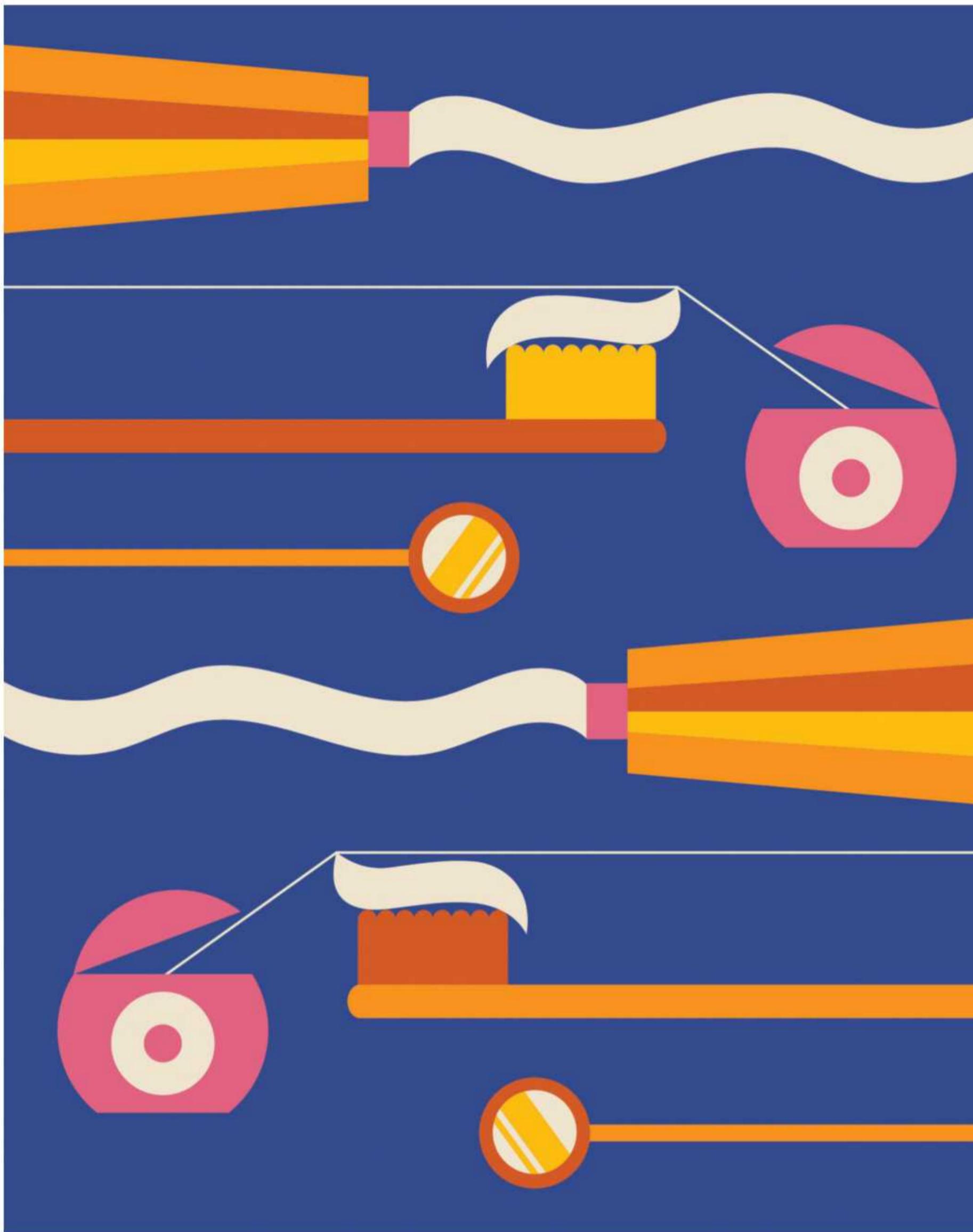
COOK the pasta according to the package directions.

MEANWHILE, heat the oil in a large skillet over medium-high heat.

SEASON the shrimp with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper and cook, turning once, for 2 minutes.

ADD the Vero Gusto Calabrian Marinara sauce and cook until heated through, 2 to 3 minutes.

TOSS the sauce and shrimp with the cooked pasta, and top with parsley.



HEALTHY AT HOME

7 Ways to Save Your Smile from Stress

Last year was crushing (literally) for our teeth, according to a survey of dentists. Here are unexpected tips to relax and preserve your pearly whites.

BY BETH WEINHOUSE

THE PANDEMIC HAS affected nearly every aspect of our lives—and our oral health is no exception. In a September 2020 survey by the American Dental Association, more than half of dentists reported higher cases of bruxism (teeth grinding and clenching), chipped and cracked teeth, and temporomandibular joint disorder (TMD) symptoms, like jaw pain; more than a quarter reported a rise in cavities and gum disease.

"In general, humans clench and grind as a response to stress," says Tammy Chen, DDS, a prosthodontist in New York City. "During stressful times, people tend to turn to unhealthy habits—more sugar indulgence, less sleep, more smoking and drinking," adds Jared Cox, DDS, a dentist in Searcy, Arkansas. The effects of those habits on our oral health are damaging—and can take months, even years, to reveal themselves. Worse, many studies link poor oral health to poor heart health.

But the latest news may have you smiling soon enough: Spring is imminent, and coronavirus vaccines are on the way. To make sure your smile is still dazzling when your mask comes off, follow these crucial oral care steps.

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M20-011-01

1**Do Mouth Stretches**

You may grit your teeth to steel yourself for difficult situations, but that approach isn't doing your mouth any favors. In fact, your top and bottom teeth should never touch, except when you chew, Chen says. Try the following exercises to counteract the habit. If you're still in pain or waking up with a sore jaw or facial aches, talk to your dentist. You may need to get a night guard to reduce the effects of bruxism while you sleep or be tested for sleep apnea.

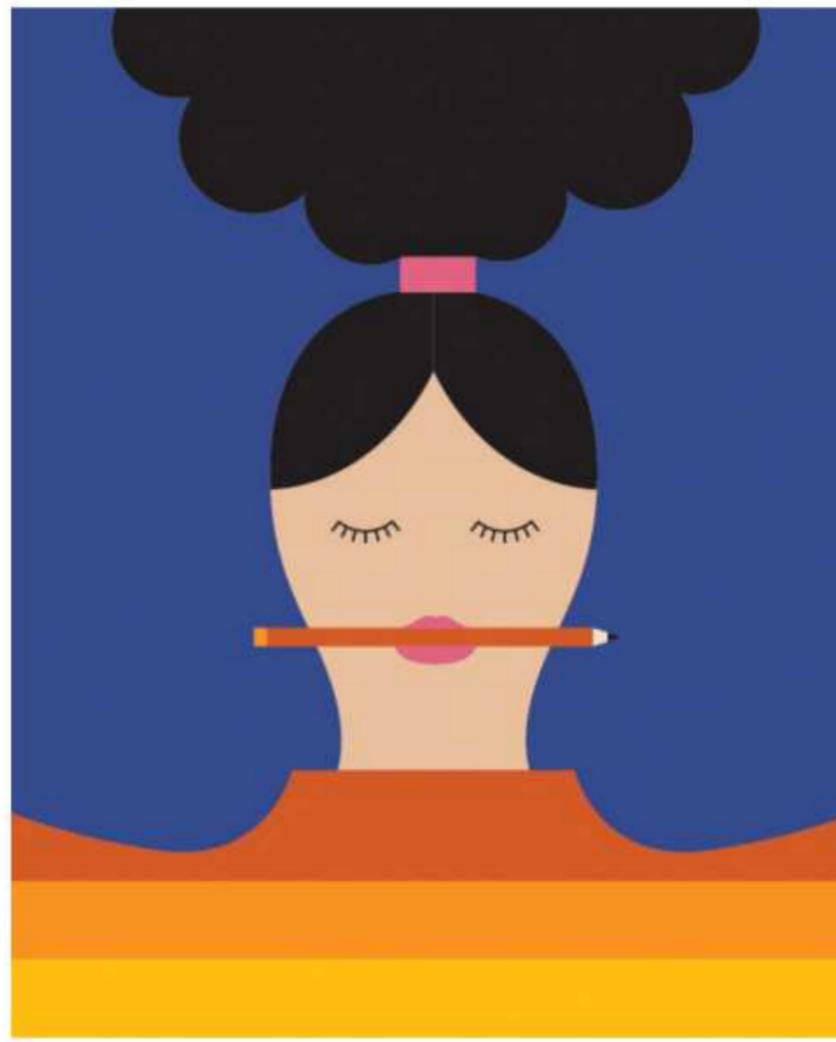
TO EASE PAIN: Put a pencil in it. "If you have a lot of pain in your jaw, or a spasm, lightly hold a pencil horizontally in your front teeth to deprogram the muscles. Hold it for at least 20 minutes," says Sandra Cove, DMD, a dentist in Ashland, Massachusetts.

TO STRENGTHEN YOUR JAW AND PREVENT PAIN: Resist. Place a thumb under your chin and open your mouth, pushing against your thumb. Hold your mouth open for five seconds. Then press your fingers against your chin to resist your mouth closing.

TO RELAX: Breathe before bed-time. Close your eyes, press your tongue against the roof of your mouth, and breathe deeply through your nose for several minutes. This stimulates an antistress response to help you sleep without grinding.

2**Brighten Up a Broken Routine**

"Everyone's daily life has a rhythm to it, and the pandemic has altered that rhythm," says Matthew J. Messina, DDS, an assistant professor at the Ohio State University's College of Dentistry. "It's easy to forget to brush and floss." Neglecting oral hygiene creates a constant, low-grade drag on the body's immune system and can lead to bacterial infections and gum disease. Concentrate on what Messina calls the "healthy four": Brush twice a day (after breakfast and before bed) with a fluoride toothpaste, floss once a day, eat a healthy diet, and see your dentist regularly. "In a time when so many things in the world seem out of control, your personal hygiene is something you can control," he says.



An ergonomic desk chair, of all things, is a surprising protector of oral health.

3**Invest in a Good Chair**

If you've left an office job to work from home, it's tempting to spend part of your workday on the couch with your computer on your lap. But sitting like that—shoulders hunched, head forward—can be a hidden cause of mouth pain. "That posture can cause muscle stress not only in the shoulders but also in the head and neck muscles we chew with," Messina says.

That's why an ergonomic desk chair, of all things, is a surprising protector of oral health. Find one that supports your back and encourages good posture so you hold your head straight. "Check that your computer is at eye level or slightly above," Chen says. "If you're looking down, you'll feel the weight of your head."

4**Combat "Mask Mouth"**

Some people breathe through their mouth when wearing a mask, which quickly leads to dry mouth. "Bacteria can have a party in a dry mouth," Chen says. "It's one of the biggest predictors of cavities and

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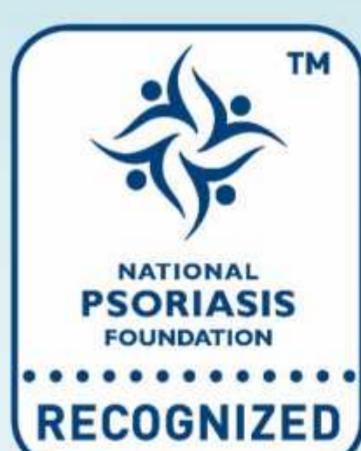


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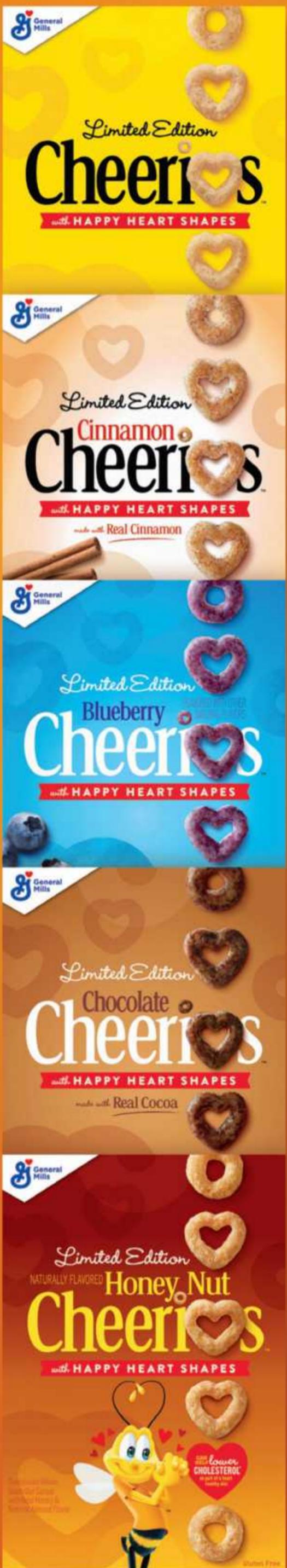
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GUIDES

6

Choose Meditation over Merlot

"Alcohol consumption has gone up," Cove says. "And alcohol has high, high sugar." Alcohol may also lead to dry mouth, which alters bacterial content and can make cavities more likely. Plus, of course, red wine can stain your teeth. Instead of always reaching for a glass when you need to relax, try simple breathing techniques (like the bedtime exercise on page 40) or short meditations.

7

Reacquaint Yourself with Your Dentist

If you haven't seen your dentist in the last year, make an appointment. Preventive care helps stave off periodontal disease, which has been linked to a host of poor heart health outcomes, including stroke, narrowed arteries, and high blood pressure. If fears of Covid-19 have delayed you, remember that dentists routinely—and safely—care for people with serious viruses, such as the flu and hepatitis C, and they customarily use HEPA filters, PPE, and lots of disinfectant.

Not getting the care you need has other risks too. "Deferred care becomes critical care," Messina says. In other words, a small cavity gets bigger and requires a root canal or a crown instead of a filling. That's why prevention saves you money in the long run, Messina adds: "The cheapest cavity is the one you never get." ■

5

Snack Faster

If you've been indulging in comfort foods to soothe the stress of the past year, welcome to the club. But be aware that frequent snacking, especially on sugary or acidic foods, increases the risk of tooth decay. "Seconds after you eat or drink something sweet, the pH in your mouth drops to 5.5. That's cavity mode, and it stays that way for 20 minutes," Cove says. So if you nibble a cookie or eat a handful of raisins, walk away, and come back every 20 minutes for more, you leave your mouth constantly susceptible. To protect your teeth, have your treat all at once, then rinse your mouth with water (or if possible, brush your teeth) right afterward.

*Three grams of soluble fiber daily from whole grain oat foods, like Cheerios® cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios cereal provides 1 gram per serving. Other flavors provide .75 grams per serving.

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PETS

Inside Your Dog's Brain

Yes, he wants a treat. No, he's not sorry he chewed the rug.

BY JUNO DEMELO



How He Thinks

Dogs can't speak (unfortunately), but they do use various growls and barks to communicate, and they can learn language at approximately the same rate as a 3-year-old human. In fact, the average dog can learn 165 words. (When you're teaching your pup a new phrase, go ahead and use baby talk, which dogs are significantly more attentive to, research shows.) One study suggested that dogs may have a sense of time: The longer they were left alone, the more excited they were when their owners returned. Another study found that when treats were hidden in two of four locations, dogs remembered those locations 10 minutes later. There's also evidence that dogs understand object permanence—that is, even if you put away their beloved squeaky toy, they know it still exists.



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GUIDES

How He Feels

Some scientists believe that dogs experience basic emotions, such as joy. Research shows that they can tell when they're being praised, and that their affection for you is not solely predicated on food. In one study, dogs were trained to lie still for an MRI; some were rewarded with hot dogs, and others with their owners' praise. About 25 percent of the dogs had a stronger response to praise than to treats. Dogs may also feel empathy: They've been shown to console other dogs who lost a fight, and they appear to express concern when their owners seem distressed. But despite that hang-dog look when your pup's been caught sitting on the sofa, he probably doesn't feel remorse. When researchers videotaped dogs, they found that the dogs looked guilty when they were scolded even if they hadn't disobeyed.

How He Sees the World

Dogs can't see the full ROYGBIV spectrum, because they have just two color receptors, as opposed to humans' three. They can see yellow, blue, and combinations of these colors (yes, tennis balls fall into this range). But their sense of smell is estimated to be up to 100,000 times better than ours, and they use it to identify us. The scent of a familiar human triggers more brain activity than the scent of a familiar dog, strange dog, or strange human. They also recognize our faces: In a lab, dogs who heard a recording of their owner and then saw a picture of a stranger looked at the picture longer, apparently confused, than dogs who were shown a picture of their owner. Dogs can read our facial expressions, distinguishing a happy face from an angry one. They even understand our gestures (like pointing) better than chimpanzees, some of our closest relatives. ■

How He Feels for You

Want to test your dog's love? Hold a treat against your cheek and call your dog's name until he makes eye contact with you. Press start on a timer, then press stop once he breaks eye contact for one to two seconds. The longer your dog holds your gaze, the more affection he is showing you with his eyes. To build your bond and boost his and your oxytocin (a.k.a. love hormone), hold his gaze the next time you catch him looking at you. For more games, check out [dognition.com](#).

OUR EXPERTS

BRIAN HARE, PHD, FOUNDER AND CODIRECTOR OF THE DUKE CANINE COGNITION CENTER AND COAUTHOR OF *THE GENIUS OF DOGS*

LAURIE SANTOS, PHD, DIRECTOR OF THE CANINE COGNITION CENTER AT YALE UNIVERSITY

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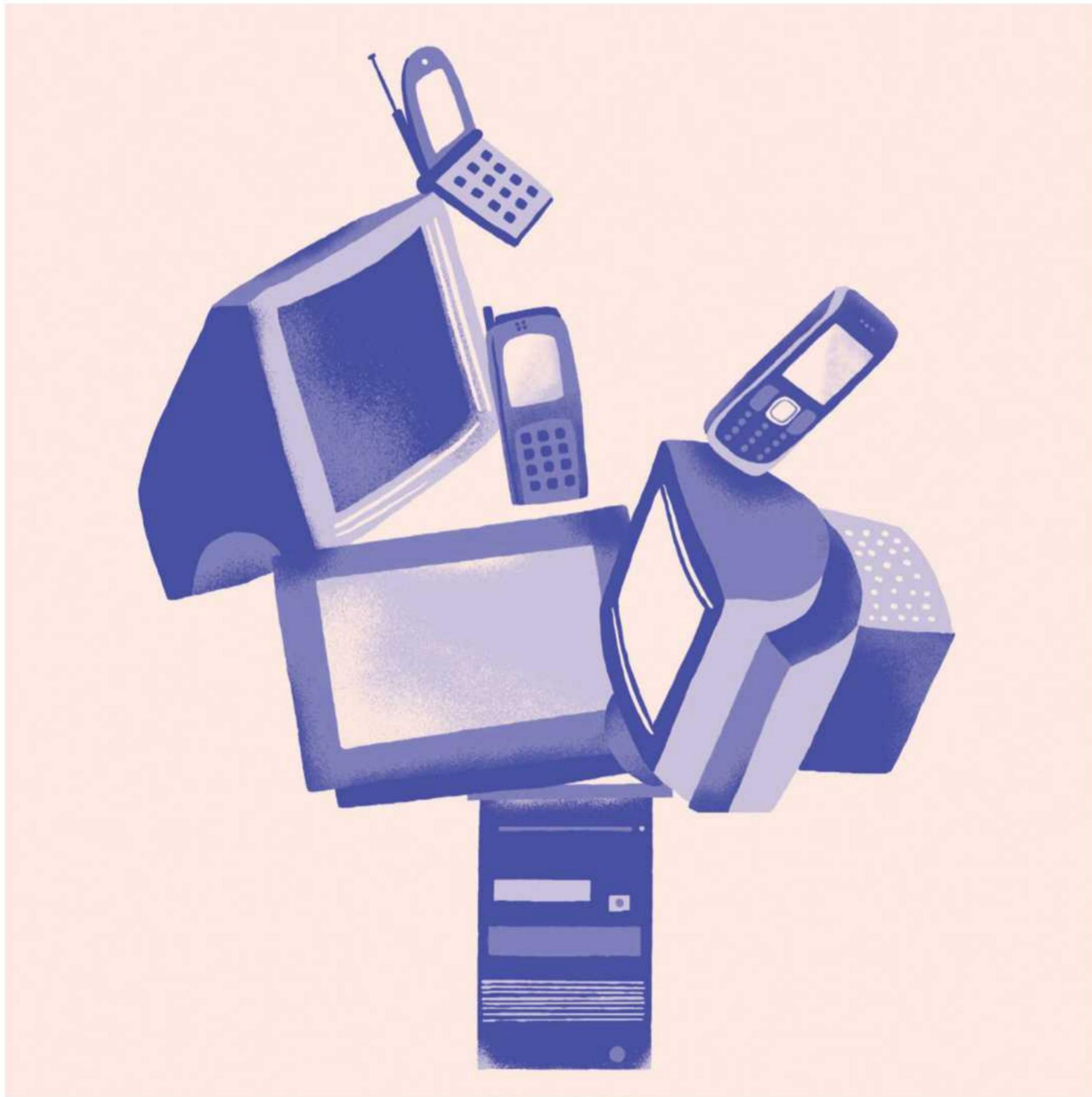
What started as a simple promise to feed an Airedale named Blue like one of the family has turned into the #1 natural pet food company. And while a lot has changed, one thing has always remained the same at Blue Buffalo – a commitment to making the best pet food possible with ingredients you'll feel good about feeding.

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THE POWER OF LESS

ELECTRONIC WASTE

As technology zips along, we're amassing mountains of old devices. Recycle them for a huge environmental impact.

BY LAURA FENTON

WHEN YOU THINK OF RECYCLING, you probably picture your bin full of cans and bottles. And while you may get a twinge of guilt when you toss a soda can into the trash, you should *really* feel remorse about old cellphones, laptops, and tablets—those hunks of plastic, metal, and microprocessor chips—going into the garbage. These devices can be ecological scourges at both the start and end of their lives: They’re made with metals mined from the earth, and they pollute groundwater once they’re in a landfill. The good news, though, is that when taken apart, they’re almost entirely recyclable, says Patty McKenzie, director of



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An estimated \$57 billion worth of gold, silver, platinum, and other precious metals hidden in old devices was sent to landfills in 2019 alone.

education and outreach at Sustainable Electronics Recycling International (SERI): “If you look at the components, they’re all a resource.” So the next time you’re thinking about upgrading to the latest phone or tablet, consider these strategies for reducing e-waste.

Get to Less

HANG ON TO GADGETS LONGER

If your old one still works, keep it. This is the easiest (and best) thing you can do to cut down on electronic waste. Almost 75 percent of a cellphone’s total energy consumption happens before it even reaches you, during manufacturing and distribution, according to SERI’s stats. Plus, “recycling alone will not solve the e-waste issue, because of the huge volume of electronics we consume every year,” adds Serge Verdoux, managing director at Back Market, a marketplace for refurbished electronics. “That’s why it’s so important to extend the life of our devices.”

EXPLORE REPAIR OPTIONS

Often a cracked screen or a battery that won’t hold a charge will send you to the store for a new device, but repair should always be your first move, says Jason Lin nell, executive director of the National Center for Electronics Recycling. Find repair locations at cta.tech, or—if you’re brave enough to DIY—check out ifixit.com (just make sure at-home repairs won’t

void your warranty). iFixit offers free videos to guide you through the process and sells the tools you’ll need, including those teeny-tiny screwdrivers that open devices.

BUY REFURBISHED

Almost every manufacturer sells certified refurbished devices. These are often “open-box” items that were barely used or merely opened and returned. Even if the device had a nice long life with a previous owner, you can still get a warranty. Back Market, for example, offers a one-year warranty (the same duration Apple and Samsung offer). And, as Verdoux points out, less-than-mint devices come with significant cost savings and are great for kids, who may be rough with electronics.

DONATE OLD ELECTRONICS ASAP

“The longer things linger, the less opportunity there is for reuse,” McKenzie says. As soon as you’re ready to ditch your old device, look up the manufacturer’s recycling policy. Companies like Apple, Dell, and Amazon will buy back (and/or recycle) phones, laptops, tablets, and e-readers.

RECYCLE

If you have a stash of ancient electronics, bring them to your town’s electronic-waste collection event or drop them off at Staples or Best Buy, which both take back tech for recycling. (Erase your content and do a factory reset beforehand.) This ensures the device is either used by someone else or taken apart and recycled. ■

IF YOU DO JUST ONE THING

Never toss devices into your regular trash. The potentially toxic materials inside, like lead and mercury, need to be processed by a special handler. And though your clunky old iPhone 5 may not have much resale potential, it still contains valuable materials that can be reused.

EXTRA CREDIT

Join the Digital Right to Repair Coalition, a national public interest group advocating for legislation that would make it easier for consumers to repair data-driven devices, like phones, laptops, appliances, and even cars. Visit repair.org/stand-up to get involved and contact your representative.

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A Future Worth *Smiling* About

Have you noticed that the conversation around aging is often filled with promises of anti-aging? Get ready to flip that script. We're exploring the best ways to embrace the natural aging process and looking at the everyday practices that will help us live our best (long) life.

The future is bright.

Look to the Stars

Notice anything about the most recent red carpets? Striking, mature actresses are stealing the spotlight, proving that aging with grace is a badge of honor. Find a role model there.

Get Social

Go where it's warm: Connecting with the people you love, whether it's family or friends, can boost your mood and fill you with gratitude for the long and full life you've lived. Call them!

Spice Things Up

We're talking about salt-and-pepper! Your naturally gray or white hair is low maintenance, on trend, and simply gorgeous! Seek out clarifying shampoos that enhance your new natural color.

Honor Your Body

Your body is the perfect pod that has taken you everywhere in life—it's time to honor its work. A simple yoga practice may help maintain flexibility while connecting you to your physical self.



Do What You Love

What's an activity that fills you with good feelings? Whether it's finishing a killer crossword or playing a well-worked tune on the piano, create space for the activities you truly enjoy.



Take It to the Trees

Spending time outside is good for your body, mind and spirit—so take a hike! Being in natural surroundings can boost your mood, and the fresh air and exercise will get your blood pumping.



Get to Know Your Gums

Your smile says so much about you: Your gratitude, your joy, and your warmth. Keeping it healthy is key to your confidence, too—and your gums play an essential role. Help them look and feel their best by using a toothpaste that promotes gum health, like Colgate® Renewal. It features a new, stannous fluoride formula that helps to reverse early gum damage, resulting in less bleeding and inflammation and a beautiful, revitalized smile. Plus, it's safe for daily use!



Colgate®



Revitalize Gums.
Renew Your
Smile.

NEW *Colgate®*

RENEWAL

**REVITALIZES GUMS
BY REVERSING
EARLY DAMAGE**



REAL SIMPLE
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Best Beauty Everywhere

We tested hundreds of products—brand-new and tried-and-true—to find these 31 winners that will streamline your routine and help you look and feel refreshed. We even tell you how to organize them.

BY HEATHER MUIR MAFFEI

Photographs by Ted + Chelsea Cavanaugh

In Your Purse



LIPSTICK

Charlotte Tilbury Matte Revolution Lipstick

Until everyone is vaccinated, face masks will probably be our number-one accessory. But that doesn't mean lipstick has to take a backseat. Before your next important Zoom meeting or socially distanced gathering, treat your lips to this stay-put formula that's so good, it brought longtime gloss wearers over to Team Lipstick. Created by British makeup artist Charlotte Tilbury, its square tip mimics the shape of a lip brush, so you can apply with precision even if you don't have a steady hand. It comes in more than 30 stunning shades (our favorites are the berry rose, cherry red, pink coral, and taupe) and delivers lasting color without drying, flaking, or feathering. The chef's kiss: Luminous pigments give the illusion of a fuller (but not fake) pout. **TO BUY:** \$34; charlottetilbury.com.



HAND SANITIZER

Bath & Body Works Hand Sanitizer Spray

Sanitizing is so important, and these mists make staying safe feel fun. With 72 percent ethyl alcohol (that's 20 percent more than the CDC-recommended minimum), this formula kills 99.9 percent of germs but doesn't strip hands of moisture, thanks to nourishing aloe and essential oils. The 12 delightful scents—like white tea and sage, sunshine and lemons, and black cherry merlot—make you want to reapply. Or go with the fragrance-free option if you are sharing with the full fam or have a sensitivity. We also mist it onto germ magnets like doorknobs and steering wheels.

TO BUY: \$6.50; bathandbodyworks.com.



DRY SHAMPOO

Aveeno Fresh Greens Blend Dry Shampoo

When you don't have the time or energy to wash your hair, this dry shampoo is the next best thing. Spiked with rosemary, peppermint, and cucumber, it ticks all the boxes: It absorbs oil, soothes your scalp with colloidal oatmeal, adds texture without spinning your ends into straw, and goes on invisibly (no white dust on your favorite black T-shirt). Testers raved about its clean scent, which is especially nice after cooking or hanging by the firepit. Even after you use the shampoo a few days in a row, there's zero grittiness to your hair—a true miracle on mane street.

TO BUY: \$9; amazon.com.



ROOT CONCEALER

Clairol Root Touch Up Temporary Root Powder

Load up the brush with powder and you've got yourself a retoucher for grown-out roots and rogue grays. The stubby, sturdy brush is much less intimidating than drippy sprays and intense markers. It deposits pigmented powder (available in light, medium, and dark brown) exactly where you want it. Better yet, the color actually stays there until you shampoo—even sticking around through a sweaty workout or unexpected rain shower. And you can make thinning hair look thicker and fuller: Dab powder along a receding hairline when you're wearing a ponytail or along your part when your hair is down. Sparse brows? A few light strokes take arches from measly to major. **TO BUY:** \$10; ulta.com.



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In the Shower

RAZOR

Joy Razor

Shaving doesn't have to be a drag. This razor's nonslip silicone handle makes playing pick-up sticks on the shower floor a thing of the past. The lubricated rubber head has five blades that glide over armpits and the backs of knees with ease, leaving them free of burns and bumps. Not great at replacing your blades? Schedule a subscription based on how often you shave. Our tester finally stopped stealing her husband's razor. You're welcome, guy.

TO BUY: \$9 for razor and replacement cartridge; joyandglee.com.



HAIR MASK

Herbal Essences Argan Oil & Aloe Vera Sulfate Free Hair Mask

In a year when travel was impossible, this tropical-scented hair mask felt like a nano-vacation to Hawaii. (Flower crown not included.) But the perks go beyond aromatherapy: The sustainably sourced aloe and other botanicals deep-condition parched strands, and argan oil helps reverse hair sins—hi, flatiron; we see you, bleach. It made one tester's semifried strands look and feel more lifelike. Even more impressive, it didn't weigh down another tester's fine hair. **TO BUY:** \$6; walmart.com.



MOISTURIZER

Curél Hydra Therapy Wet Skin Moisturizer

The beef with body lotion is that you have to wait for it to dry before getting dressed or hopping into bed. Not so with this pick, which lives in the shower. After your normal sudsing, turn off the water, then massage the cream all over skin while enjoying your warm, steamy bathroom. Because wet skin absorbs moisture best, your skin is already winning. Ceramides, shea butter, and eucalyptus leaf extract sink in with no greasy residue, so you can jump into jeans without a fight. Towel off (it doesn't stain), and go through your day with baby-soft, slightly sheeny skin. **TO BUY:** \$11; target.com.



BODY WASH

Dove Instant Foaming Body Wash

With a whopping 250 pumps per bottle (talk about family friendly!), this cloud-like foam gets rid of gunk and makes skin silky soft. Since it comes out frothy, there's no need to work up a lather with a pouf or loofah—your own two palms are perfect. It rinses away cleanly and quickly, with no residue or film. And in a pinch, it doubles as shaving foam. The lipids and moisturizers work so well that even on days we skipped body lotion, our skin didn't feel tight.

TO BUY: \$6; target.com.



SHAMPOO AND CONDITIONER

OGX Extra Strength Biotin & Collagen Shampoo and Conditioner

Consider these bottles personal trainers for your tresses—with hydrolyzed wheat proteins to help strengthen, they add volume to even the skinniest strands. After one wash, a tester described her hair as noticeably fuller. Another tester, who was experiencing postpartum thinning, said it amped up her crown as well as her confidence, just when she needed it most.

TO BUY: \$8 each; ulta.com.



In the Medicine Cabinet



MOISTURIZER

Olay Regenerist Collagen Peptide24 Moisturizer

Collagen is a superstar at smoothing, plumping, and firming. Unfortunately, most topical treatments contain molecules too large to penetrate skin. This jar, however, packs peptides that permeate the skin's surface to trigger natural collagen production. The luscious formula is rounded out with vitamin B₃, glycerin, and snow mushroom extract. After just a month, our tester was no longer distraught about her Botox wearing off.

TO BUY: \$39; olay.com.

DEODORANT

Secret Essential Oil Deodorant

Of course you want a product that keeps underarms dry and smelling fresh—and this one does that, for an impressive 48 hours (without leaving streaks on black tanks or bras). But it also elevates the mundane morning ritual of swiping on a stick: One tester described it as a “spa in my pits,” thanks to the gentle fragrance that complemented, rather than competed with, her perfume. **TO BUY:** \$12; target.com.

Curl. Wave. Smooth. Dry.
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**EYE CREAM****Clarins Total Eye Lift**

The skin around the eyes is very delicate, and given our skyrocketing screen time and stress—insert eye-roll emoji here—a seriously soothing cream has never been more necessary. Apply this silky, sheer formula with a few gentle taps of your ring finger. Your skin will look brighter, and you'll look like you actually got some sleep. Brow-raising bonuses: The balm doesn't pill under makeup, and the 94 percent plant-based ingredients and recycle-ready glass jar are as easy on the earth as they are on your eyes. **TO BUY:** \$89; clarinsusa.com.

**SERUM****Estée Lauder Advanced Night Repair Multi Recovery Complex**

When it comes to skin-care steps, we like to skip (er, curate and streamline) as many as possible. That's why this one-and-done serum is such a worthy splurge. It helps brighten tone, even texture, smooth lines, hydrate parched patches, and even rev up radiance. You can wear it at night, as the name suggests, but it also works as a daytime staple, protecting your complexion from blue light, pollution, and dust particles. Our adult-acne-prone tester was thrilled to find a lightweight, nongreasy anti-ager that reduced lines without triggering zits.

TO BUY: \$105; esteelauder.com.

**STYLER****Ouai Finishing Crème**

The first thing to catch our attention was the sexy, sophisticated fragrance, with violet, gardenia, ylang-ylang, and white musk. But this hair cream's versatility—it replaced four bottles in our bathroom—made it a true winner. We used it to prevent singeing before blow-drying (thanks to hydrolyzed keratin and vegetable protein), add shine on air-dry days, nix flyaways and static, and, in heavier helpings, put zing in curls. Oh, also? It prolongs color by sealing in dye and blocking UV rays. It's basically a Swiss army knife for your strands.

TO BUY: \$24; theouai.com.

**CURLY STYLER****Living Proof Curl Moisturizing Shine Oil**

Our testers had various curl types (from 2A to 4C), but they all agreed this citrus-scented dry oil was the ticket to better hair days. This silicone-free blend mimics natural oils, so it absorbs into the hair shaft rather than just sitting on top of it. It smoothed, softened, and increased shine—all without weighing down spirals. Use it on wet hair before styling, on dry hair as a finisher, or (our fave) as a five-minute preshampoo treatment.

TO BUY: \$30; livingproof.com.

**SUNSCREEN****Supergoop! Daily Dose Vitamin C + SPF 40**

This cute, sunshine-hued bottle combines two of the most important products for youthful-looking skin: sunscreen, to ward off lines and dark spots, and vitamin C (an impressive 14 percent), to smooth and brighten existing imperfections. Our testers loved the supple texture, fresh aroma, and clever airless pump that minimizes waste.

TO BUY: \$46; supergoop.com.

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On Your Vanity



BLUSH

Fenty Beauty Cheeks Out Freestyle Cream Blush

Give your skin a lit-from-within glow with the most believable, blendable blush to ever grace our cheeks. It's pigmented enough not to disappear by lunch, yet it's soft enough to never look clownish. And unlike powders, which can settle into fine lines, this bouncy cream melts into skin for a dewy, watercolorlike wash. Pick from 10 hues (there's one or two for every skin tone), ditch the brush, and just use your fingers. One tester put the leftover on her lids and lips for a full face in a flash.

TO BUY: \$20; fentybeauty.com.



PALETTE

Lawless Beauty The Little One Eyeshadow Palette

This palette proves that basic neutrals are anything but boring. The velvety matte and metallic shadows pack impressive pigment, don't crease (even after a full day on oily lids), and can be mixed and matched for endless options. Use them as primers, as liners; apply dry for a smudgy look, wet for a precise one...we could keep the ideas going all day! The short course: It's the most practical palette on the planet.

TO BUY: \$25; sephora.com.



MASCARA

L'Oréal Paris Air Volume Mega Mascara

Most volumizing mascaras make lashes stand up. The problem: Lashes don't stay up, since they tend to droop under the weight of the product. So cosmetic chemists crafted this airy formula that boosts lashes and keeps the flutter flyin' high. (Until you want to lower it—it washes off easily and completely.) Get this: One tester was asked if she was wearing lash extensions. **TO BUY:** \$14; at drugstores.



FOUNDATION

It Cosmetics

Your Skin But Better Foundation + Skincare

It's a rare occasion when all three of our beauty editors (of varying ages and skin types) agree on the best foundation. But this was a clean sweep. The liquid covers dark circles, redness, zits, and sun spots like a second skin, without looking cakey. And the 40 shades mean you won't stress about having a ring around your neck (bless). Skin-care ingredients—hyaluronic acid, vitamin E, aloe vera—made our skin look smoother even after we washed off the foundation.

TO BUY: \$39.50; itcosmetics.com.



BROW PENCIL

Maybelline New York Brow Precise Micro Pencil

Powders, gels, pomades, tinting, and even microblading—we've spent all the money and tried all the buzziest brow treatments on our quest for golden arches. And maybe the joke is on us, because the best results came from the simplest tool: this pencil with an itty-bitty tip (1½ millimeters) and a spoolie to blend and fluff. In seven shades, it lets you mimic realistic hair strokes. Whether you need a little or a lot of filling in, your brows look like yours—only better. **TO BUY:** \$8; at drugstores.



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CONCEALER

Rare Beauty by Selena Gomez Liquid Touch Brightening Concealer

Arguably our desert island product, this hydrating liquid concealer (in 48 shades) covers those subterranean hormonal chin zits and sleep-deprivation raccoon eyes like a champ. One tester loved how the angled doe-foot applicator reached tricky areas, like her blue-tinged inner eye corners. We've spent years spackling on thick putties, but it turns out creamy liquids are the secret to looking fresh and well rested—no ring light required.

TO BUY: \$19; rarebeauty.com.



On Your Nightstand

RETINOL

Neutrogena Rapid Wrinkle Repair Retinol Oil

Ask any dermatologist for their top anti-aging recommendation (after sunscreen), and they'll shout "Retinol!" until the cows come home. But to reap its wrinkle-releasing benefits, you have to deal with some downers (redness, peeling, and stinging), which made our seasoned beauty director steer clear of it for years—until now. This hero packs 0.3 percent retinol complex in a lightweight, nourishing oil to help mitigate all the annoying side effects. Massage a few drops into clean skin morning and night, then top it with moisturizer. If you want to bypass needles, this is your best bet.

TO BUY: \$25; at drugstores.



OVERNIGHT HAIR MASK

TPH by Taraji After Dark Overnight Mask

We know Taraji P. Henson as an actor (*Empire*, anyone?), but during college, she made a name for herself doing wet roller sets on her classmates. Her passion for hair didn't stop there—she's launched a line of 18 products, including this mask enriched with grapeseed oil, mango seed butter, and horsetail extract. A tester raked it through clean, damp hair before bed, then wore a bonnet to protect her pillowcase. After shampooing in the a.m., she reported happier, more hydrated hair. Not into night care? Apply it just as you would a regular hair mask for a quick rehab. **TPH, ILY! TO BUY: \$14; tphbytaraji.com.**



NAIL TREATMENT

Sally Hansen Spa Collection Peel-Off Nail Mask in Hydrate

Sanitizing and handwashing have taken a toll on our tips (show us your spirit fingers for ragged cuticles and gnarly nail beds!). This sponge-tipped tube comes to the rescue, softening and smoothing with hyaluronic acid. Squeeze a dab onto each nail and massage in, then multitask for 15 minutes—unlike with bulky spa gloves, you can still do things (e.g., text and type). Peel off as you would a face mask, and rinse to reveal a nail makeover. A tester, who used it on bare nails and polished ones, said it spiffed them right up and felt pleasingly pampering.

TO BUY: \$10; at drugstores.



LIP BALM

Summer Fridays Lip Butter Balm

Lip balms are a dime a dozen, but we consider ourselves connoisseurs, especially now that masks chafe our mouths, leaving lips thirsty, cracked, and, well, not cute. With shea and murumuru seed butters, vegan waxes, and a natural vanilla flavor, this balm-mask hybrid is our new go-to. It acts as a plumping gloss, but there's no buzzkill tingle. One tester slathered it on before bed, and even in the dead of winter woke to a pillowy pout. Another used it throughout the day for a healthy sheen; it's not sticky or goopy, she noted, and her lips felt supple for hours. **TO BUY: \$22; sephora.com.**



ZIT TREATMENT

Renée Rouleau Anti Bump Solution

Oh, pimples, how we loathe you. While there's no magic wand for clear skin, this bottle makes the bumps in the road—and on your face—more manageable, whether your breakouts are bacterial or hormonal (or a bit of both). The potent serum reduces the look of surface blemishes and also activates underneath the skin, for those oh-so-painful cystic honkers. Lactic acid cleans pores, and citric acid reduces inflammation. But the key ingredient is methyl gluceth, which gently exfoliates to prevent discoloration and scarring—because acne aftermath is often worse than the bump itself. Our tester loved that it doesn't dry out skin. Plus, it's clear and colorless, so you can wear it under makeup. **TO BUY: \$49.50; reneerouleau.com.**

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EXFOLIANT

InnBeauty Project Down to Tone Exfoliating Toner

Boy, have toners gotten a glow-up since those burning, 200-proof astringents of our adolescence. This alcohol-free liquid has six acids to dissolve blackheads, sugarcane and bilberry extract to brighten, and niacinamide to hydrate. The results rival those of a professional peel. Before bed, pat on a loaded cotton round, then follow with moisturizer. Our tester reported no scent, a subtle tingle, and reduced maskne in under a month. **TO BUY:** \$26; innbeautyproject.com.

Beside the Sink



TOOTHBRUSH

Oral B iO Series 9 Electric Toothbrush

If the pandemic delayed your regularly scheduled cleaning, this splurge feels almost like bringing the dentist to your doorstep. Six years in the making, it combines gentle vibrations with a dentist-inspired oscillating round brush, so you feel like you've had a pro cleaning every day. Our overly enthusiastic (Virgo) tester especially liked the pressure sensor, which prevents you from brushing too hard, and the brush-coaching app that alerts you to neglected areas.

TO BUY: \$300; target.com.



CLEANER

CeraVe Hydrating Cream-to-Foam Cleanser

Most cleansers are good at getting rid of dirt, but finding one that does so without disrupting the skin barrier—the secret to healthy skin—is a high hurdle. That's why CeraVe's mild, simple washes have become so popular. This fragrance-free foam uses ceramides, amino acids, and hyaluronic acid to protect the barrier and reduce water loss. Our tester was pleasantly surprised when it removed a full face of makeup, mascara included, yet left her skin soft. She compared it to a double cleanse in one step. **TO BUY:** \$19 for 19 oz.; amazon.com.



TOOTHPASTE

Hello Naturally Whitening Fluoride Toothpaste

Made with zesty peppermint to freshen, tea tree oil to tame bad breath, and coconut oil to moisturize your mouth, the fluoride formula strengthens enamel and brightens your smile. It has the American Dental Association seal of approval—and doesn't have sulfates, peroxide, triclosan, or dyes. Our tester said that of the many, many all-natural pastes she's tried, this one gave her the cleanest feeling. Her dentist said it was his fave too.

TO BUY: \$5; hello-products.com.



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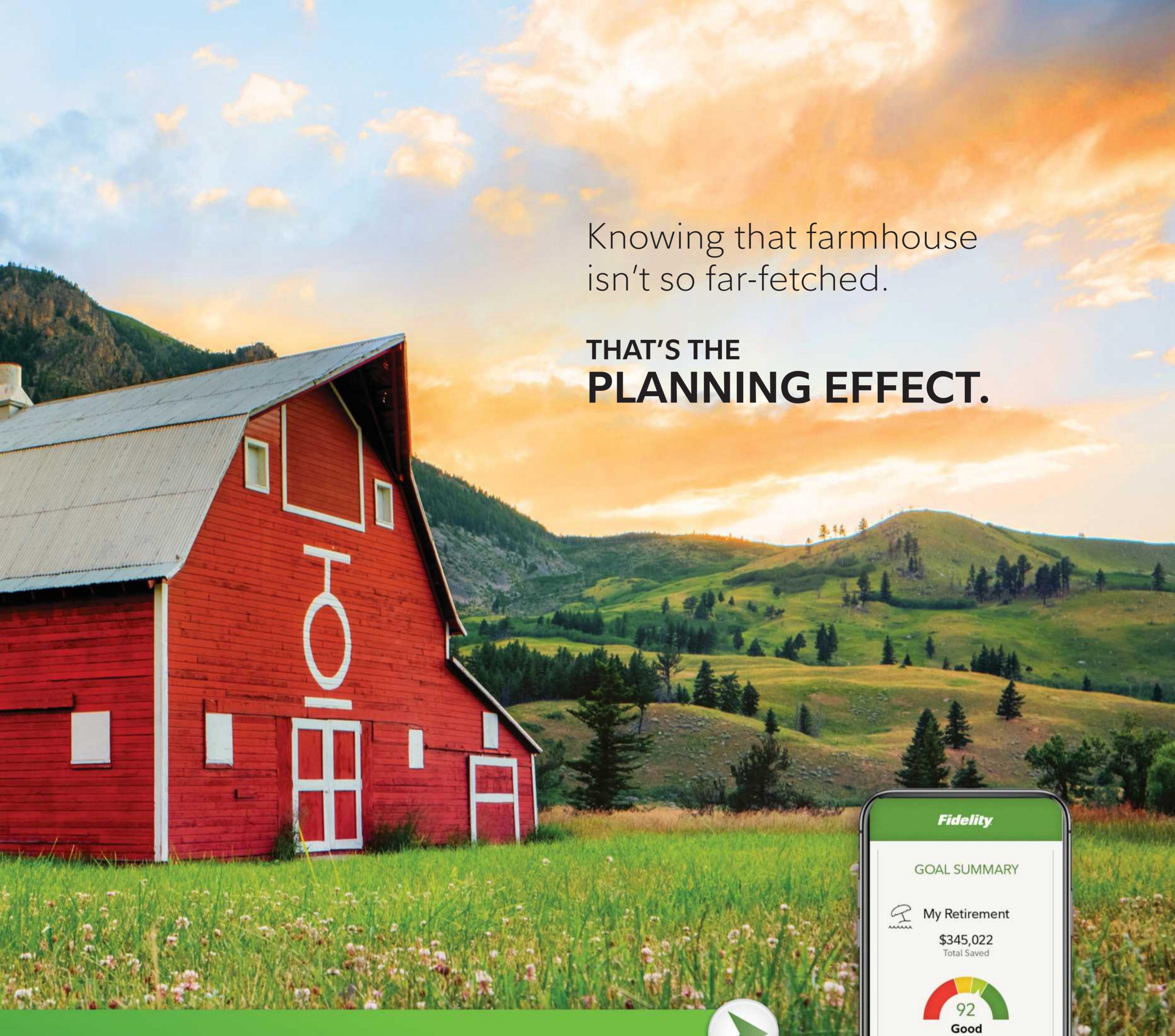
3 Moves That Seem Safer Than They Are

Times of change could trigger unwise financial choices. Proceed with caution.

BY BRITTANY ANAS AND BRANDI BROXSON



GETTY IMAGES



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isn't so far-fetched.

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THE WORLD HAS FELT unbalanced for the past year, and all those topsy-turvy vibes can lead to rash decisions both small (giving yourself a haircut on a Friday night) and large (cashing out your retirement account). But money doesn't grow back the way hair does. And worrisomely, we become more susceptible to scams when we spend a lot of time alone or online, says Katherine Hutt, national spokesperson for the Better Business Bureau—which perfectly describes life for many of us right now. If you're doing or considering any of the following risky behaviors, heed the advice of our experts on how to protect yourself.

1

I approve all the push notifications from my bank without paying attention.

The crooks are hijacking the very system set up to protect us—multifactor authentication—in order to scam us. We're so used to getting alerts on our phones from banks and payment apps, and we're so used to dealing with them quickly, that it's easy to mistake a scam for something legit. Impostor scams are among the most common types of fraud, responsible for the loss of over \$576 million in 2019, according to the Federal Trade Commission. "Text and phone alerts may seem like a helpful service, but they also pose potential for rip-offs," says Juliana Gruenwald Henderson, who works in the FTC's Office of Public Affairs. Patricia Mitnaul, a photo editor in New York City, experienced this kind of scam last year. "I received a call from what I thought was Venmo's customer service number saying someone had tried to log into my account," she says. (Scammers often "spoof" phone numbers

to make them appear on caller ID as trusted institutions.) "They told me I needed to verify my account by receiving a text code and reading it to them." Within minutes, the scammers used the code to hack her Venmo and steal nearly \$3,000. Her bank helped refund her money and report the fraud.

DO THIS INSTEAD: Be wary of texts or calls from phone numbers that aren't in your contacts, and only conduct business through your bank's secure website. "Don't answer a call you don't recognize. If it's important, they'll leave a message," Hutt says. (If a "company representative" leaves a voicemail, call back using the number on the business's main website, rather than the missed number.) Check your phone's options for blocking calls or texts from sketchy sources, or go to the Cellular Telecommunications and Internet Association website (ctia.org) for a list of reputable blocking apps. If you receive a spam text, forward it to the number 7726 to automatically report it to your wireless provider.

The crooks are hijacking the very system set up to protect us—multifactor authentication—in order to scam us.

2

I'm thinking about cashing out some of my 401(k) money.

If you're among the many millions of Americans who lost a job or took an income hit last year, of course that stack of cash in your retirement account looks tempting. And many people have taken distributions, thanks in part to the Cares Act, which permitted withdrawing up to \$100,000 penalty-free if the plan administrator allowed. Even so, removing money from your retirement account should be avoided at all costs, says Ashley Dixon, a certified financial planner with the virtual firm Gen Y Planning. "Even a seemingly small withdrawal—a Fidelity study says the average is \$10,000—can have a big impact over time when you consider compound interest," she says.

SIMPLE EXTRAS

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the official snack of happiness

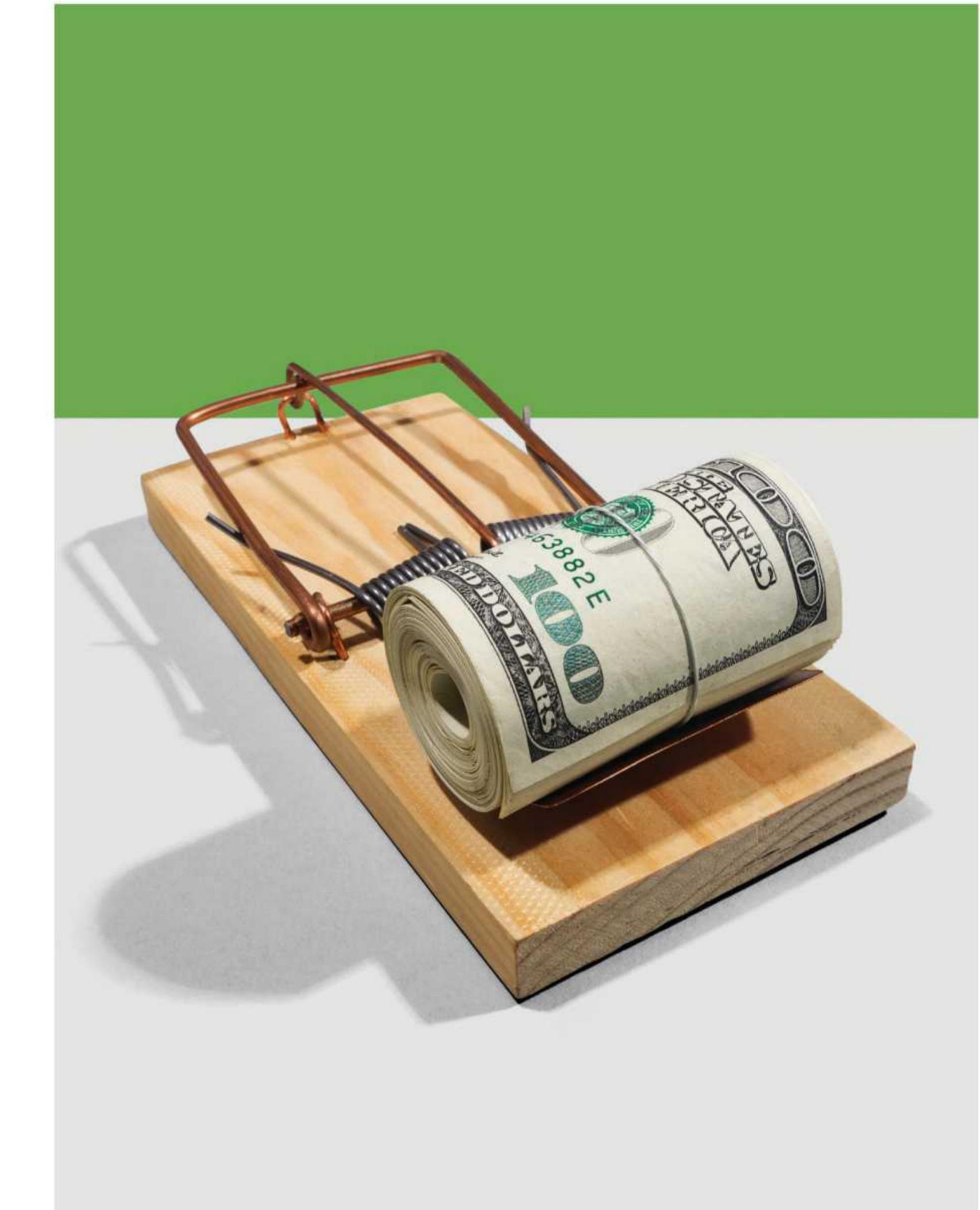


DO THIS INSTEAD: A 401(k) loan might be a better option than a distribution, Dixon says. "With a loan, you don't pay taxes or penalties—you just pay interest as you pay off the loan, typically over five years." The loan is usually tied to your employer, so if you leave your job, you'll need to pay back the debt more quickly. Another option: If you own your home and want to free up some cash every month, consider opening a line of credit or refinancing, since rates are at historic lows, says B. Brandon Mackie, a certified financial planner in Atlanta. Before you make a decision, talk to a pro who can prepare you for any penalties or tax rules you may face.

3

I got a flyer from a company that wants to buy equity in my home, and I'm considering it.

During an economic downturn, many home equity investment companies may ramp up efforts and send flyers to residents in markets where home values have been increasing, says Cynthia Meyer, a certified financial planner with Real Life Planning in Gladstone, New Jersey. They'll offer you a lump of cash based on your home's equity for a



fixed period of time; in return, you give them a percentage of the future appreciation of your home. Beware, though: This type of contract is risky. If you don't sell your home before the loan term expires, you'll have to pay back the cash advance and appreciation percentage when they come due. If you can't, the investment company could foreclose on your home, Meyer says.

DO THIS INSTEAD: If you want to borrow against the value of your house, consider getting a home equity line of credit through a bank or mortgage lender, Meyer says. You borrow only what you need—enough to repair your roof, say, or offset college tuition—fork over lower fees, and often pay back just the interest for an initial period, rather than the principal. ■



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THE ESSENTIAL

PULLOVER HOODIE

The same cozy go-to that got you through quarantimes can be dressed up or down for back-to-normal life.

START WITH
THE HOODIE...

TO BUY: Adult Long Hooded Pullover Sweatshirt, \$31; landsend.com.



...ADD A TWEED JACKET AND JEANS

For polish, toss a colorful textured jacket over the sweatshirt. Floral earrings and ballet flats feel even more feminine.

TO BUY: Structured Notched-Collar Cardigan, \$139; chicos.com. Joy Light Denim, \$118; us.mavi.com. Glistening Petals Flower Statement Studs, \$78; katespade.com. Loiuse et Cie Ariell Square-Toe Ballet Flats, \$110; vincemcamuto.com.

BY FLAVIA NUNEZ



...ADD A BOHO SKIRT AND SANDALS

The sporty sandals and bright mask chain make the look tomboy; the midi skirt and hobo bag make it chic. **TO BUY:** Printed A-Line Knit Maxi Skirt, \$89; jjill.com. Casual Acrylic Huggies, \$54; stelladot.com. Women's Activate Face Mask 2 Pack, \$20; athleta.com. Dylan Face Mask Chain Strap, \$22; shop.prettyconnected.com. Zola Bag, \$95; juleskae.com. Hurricane XLT2 Sandals, \$70; teva.com.

...ADD LEATHER PANTS
AND A TRENCH COAT

Faux-leather pants give you edge, as do the eye-catching kicks. Top it off with a timeless, wear-with-everything weather-proof coat. **TO BUY:** Edge It Up Vegan Leather Pants, \$65; lulus.com. 2-in-1 Rain Coat, \$279; bananarepublic.com. Adriatic No. 3 Sunglasses, \$170; mahoshades.com. 574 Sneakers, \$100; newbalance.com.



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ROOM Rx

Make a Multipurpose Room Prettier

Designer LINDA HAYSLETT turns an awkward catchall spot into a functional area the whole family—and even guests—can enjoy.

BY LESLIE CORONA

Q:

How do I convert a dark den into an office (with all the necessary electronics), a play space, and a guest room?
—Roening,
homeowner in
Parker, Colorado



+



1

LAYER UP

Top wall-to-wall carpeting with a durable area rug that has a distressed finish so you won't worry about kids playing (and potentially spilling) on it.

TO BUY: Carina Rug, from \$249; potterybarn.com.



+



4

GET SAVVY WITH STORAGE

Place bins and shelving inside the closet. You can stash toys, office supplies, and any bulky electronics out of sight.

TO BUY: Trofast Storage Combination, \$69; ikea-usa.com.

Submit your own design dilemmas to room.rx@realsimple.com.

2

DO DOUBLE DUTY

Splurge on a sofa bed for guests that you can lounge on (look for a hardy fabric, like Sunbrella). Or get a slipcover for your existing couch. A sleek desk and swivel chair serve as both an adult workstation and a kids' craft spot. **TO BUY:** Urban Queen Sleeper Sofa, from \$2,299; westelm.com.

3

BRING ON THE BRIGHTNESS

Illuminate dark corners with a floor lamp that has adjustable heads you can aim toward different zones. Consider switching out sliding closet doors for mirrored ones to add light and make the space feel larger.

TO BUY: Jacob Floor Lamp, \$80; brightech.com.



Put Some Spring in Your Prep

Warmer weather is on the horizon, which means opportunities to enjoy your outdoor space are, too. See how you can spruce up your deck or patio and get ready for the season to come with help from Command™ Brand.

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LIVES



PROP STYLING BY HEATHER GREENE FOR HELLO ARTISTS

1

Pen a letter to heal old wounds.

Expressing what we wish we'd said to someone can be powerful. Letters unlock the wisdom inside us. You can write to anyone or anything, including family members, bullies, your painful back, or strangers who have helped you. These letters—whether angry, sad, loving, or grateful—don't have to be sent. Their purpose is to help you understand and come to terms with past conflicts.

GILLIE BOLTON, PhD, IS THE AUTHOR OF *THE WRITER'S KEY: CREATIVE SOLUTIONS FOR LIFE AND NINE OTHER BOOKS ON JOURNALING.*

2

Write from your senses to boost positive thinking.

Think in captured moments. Write just a paragraph or two about intense experiences of pleasure, achievement, or stamina. Tap into your senses and conjure vivid detail—these vignettes can help offset current challenges. Even five minutes of describing beauty (a sunset) or joy (a child's laugh) or grace (an unexpected kindness) is great for balancing out more problem-centric journaling.

KATHLEEN ADAMS IS A POETRY AND JOURNAL THERAPIST AND THE FOUNDER AND DIRECTOR OF THE CENTER FOR JOURNAL THERAPY IN WHEAT RIDGE, COLORADO.

3

Scribble lists to document your history.

I recap my day, using dashes to jot down quick notes. This approach removes the mental hurdle of "Ugh, I have to sit down and write." Recording the minutiae of your day matters. The people we talk to, the things we eat and buy, the clothes we wear, and the art and entertainment we consume aren't background noise. They are, in large part, what life in a given culture at a specific time is.

RACHEL WILKERSON MILLER IS THE AUTHOR OF *DOT JOURNALING—A PRACTICAL GUIDE: HOW TO START AND KEEP THE PLANNER, TO-DO LIST, AND DIARY THAT'LL ACTUALLY HELP YOU GET YOUR LIFE TOGETHER.*

Gratitude should be unique to that date:
"My teenager laughed at my joke."

4

Get really specific to invoke gratitude.

Write down three things you're grateful for at the end of each day. But avoid the common rut of always saying the same things: "I'm grateful for my family" or "I'm grateful for the beautiful weather." Your gratitude journal should be unique to that date: "My teenager laughed at my joke." "I walked my favorite path in the park." This helps illuminate where pockets of joy are hidden.

TANYA DALTON IS A PRODUCTIVITY EXPERT, A BUSINESS COACH, AND THE AUTHOR OF *THE JOY OF MISSING OUT.*

5

Go with the flow to invite self-reflection.

Every Monday, I write in my journal for about 20 minutes. No one else is awake. It's just me, my coffee, and my dog. There are no rules—often I'll start writing about one event or concern and it will morph into another. In fact, the act of writing helps me uncover the parts of my life that need to be addressed. It's a clarifying and centering way to start the week.

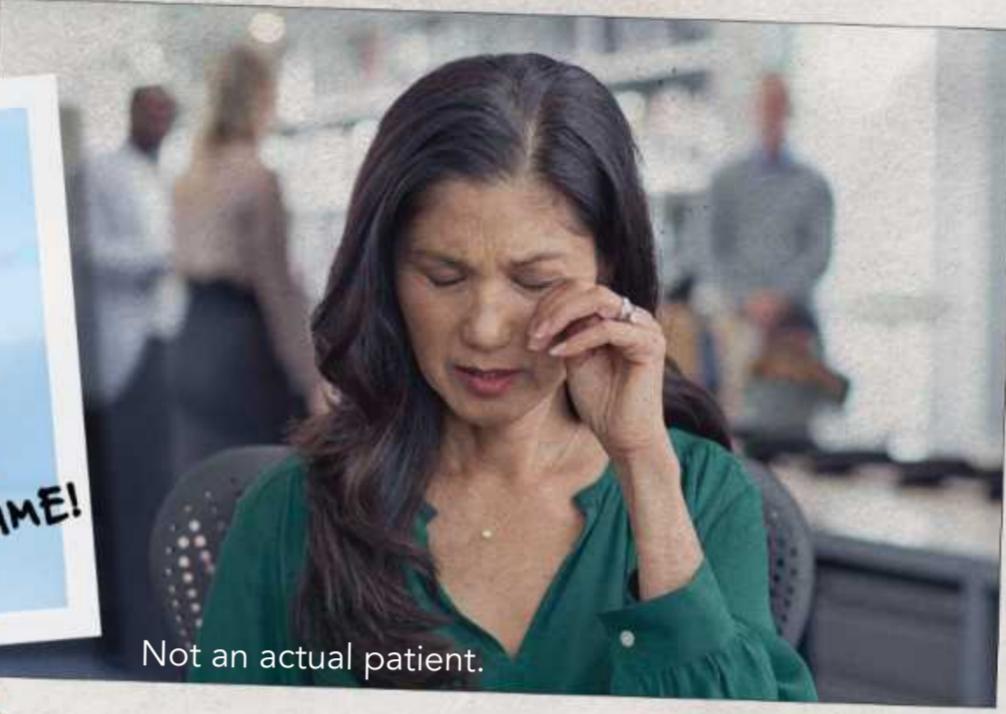
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What is Xiidra?

Xiidra is a prescription eye drop used to treat the signs and symptoms of dry eye disease.

Important Safety Information

Do not use Xiidra if you are allergic to any of its ingredients. Seek medical care immediately if you get any symptoms of an allergic reaction.

The most common side effects of Xiidra include eye irritation, discomfort or blurred vision when the drops are applied to the eyes, and an unusual taste sensation.

To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.

If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.

It is not known if Xiidra is safe and effective in children under 17 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For additional safety information about XIIDRA®, please refer to the brief summary of Full Prescribing Information on adjacent page.

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PATIENT INFORMATION

Brief Summary: Read this information before you start using Xiidra and each time you get a refill. There may be new information. This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is Xiidra?

Xiidra is a prescription eye drop solution used to treat the signs and symptoms of dry eye disease (DED). It is not known if Xiidra is safe and effective in children under 17 years of age.

Do not use Xiidra:

If you are allergic to lifitegrast or any of the other ingredients in Xiidra, see "What are the ingredients in Xiidra?"

What should I tell my doctor before using Xiidra?

Before you use Xiidra, tell your doctor if you:

- are using any other eye drops
- wear contact lenses
- are pregnant or plan to become pregnant. It is not known if Xiidra will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Xiidra passes into your breast milk. Talk to your doctor about the best way to feed your baby if you use Xiidra.

How should I use Xiidra?

Talk to your doctor or pharmacist for additional instructions about the right way to use Xiidra. Use Xiidra exactly as your doctor tells you.

- To help avoid eye injury or contamination of the solution, do not touch the container tip to your eye or any surface.
- If you wear contact lenses, remove them before using Xiidra and wait for at least 15 minutes before placing them back in your eyes.
- Use 1 drop of Xiidra in each eye, 2 times each day, about 12 hours apart.
- Use Xiidra right away after opening. Throw away the single use container and any unused solution after you have applied the dose to both eyes. Do not save any unused Xiidra for later.

What are the possible side effects of Xiidra?

The most common side effects of Xiidra include eye irritation, discomfort, or blurred vision when the drops are applied to the eyes, and an unusual taste sensation (dysgeusia).

Seek medical care immediately if you get any symptoms of wheezing, difficulty breathing, or swollen tongue.

These are not all the possible side effects of Xiidra. Tell your doctor if you have any side effects that bother you. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store Xiidra?

- Store Xiidra at room temperature between 68°F to 77°F (20°C to 25°C).
- Store Xiidra in the original foil pouch to protect it from light.
- Do not open the Xiidra foil pouch until you are ready to use the eye drops.
- Return unused single-use containers to their original foil pouch to protect from excessive light exposure.

Keep Xiidra and all medicines out of the reach of children.

General information about the safe and effective use of Xiidra.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or doctor for information about Xiidra that is written for health professionals. Do not use Xiidra for a condition for which it was not prescribed. Do not give Xiidra to other people, even if they have the same symptoms you have. It may harm them.

What are the ingredients in Xiidra?

Active ingredient: lifitegrast

Inactive ingredients: sodium chloride, sodium phosphate dibasic anhydrous, sodium thiosulfate pentahydrate, and water for injection. Sodium hydroxide and/or hydrochloric acid (to adjust pH).

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**LET'S TALK
ABOUT
DRY EYE**

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TWICE-DAILY USE,
XIIDRA CAN PROVIDE
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RELIEF.

SHARE THIS WITH YOUR EYE DOCTOR
TO START A DISCUSSION ABOUT XIIDRA.

- 1 Why are my eyes achy, gritty, and itchy?
- 2 Are over-the-counter eye drops* giving me lasting relief?
- 3 Is there inflammation in my eyes?
- 4 What can I do about inflammation?
- 5 How does Xiidra work?
- 6 Is Xiidra right for me?

ASK ABOUT XIIDRA,
FOR RELIEF THAT CAN LAST.

WE DID IT

We Worked from Home (and Parented from Work)

Moms and experts share coping strategies for dealing with the extra to-dos, constant change, and uncertainty of the new work-life balance.

BY LISA ARBETTER

During the pandemic, Kelly Griffin has had to juggle her job with the duties of being a single mom of two.



"I'm Feeling Mom Guilt but Trying to Retain Normalcy for My Kids"

Kelly Griffin

MOM OF AN 8-YEAR-OLD BOY AND 6-YEAR-OLD GIRL, NEW ORLEANS

IF CIRQUE DU SOLEIL showcased feats of mental flexibility alongside physical contortions, Kelly Griffin would steal the show.

On several occasions since the pandemic began, the first-grade teacher and single mother of two elementary-school-age kids has had to re-create her schedule from top to bottom. A return to the classroom last fall required new lesson plans, this time to engage both remote and in-person learners. And she was dealing with the stress of sending her own kids to school during a pandemic.

"I didn't have a choice," she says. "As a teacher, I had to go back, so they had to go back."

Thankfully, her kids' school instituted precautions that eased her mind about their safety. But in early 2021, their school switched back to fully remote, which upended the family's routine again.

Throughout it all, Kelly has worked hard to retain a sense of normalcy for her kids—she takes them to the park on weekends, or has them pick fun activities out of a hat. But the additional work and childcare leave little time for herself. "I'm back in that space of overworking, neglecting my kids," she says. "Everybody around the world needs to know: Give a teacher a break."

MAKE IT WORK FOR YOU "When you feel guilty, ask yourself, 'Am I doing the best I can right now?'" says Jill Emanuele, PhD, senior director of the Mood Disorders Center at the Child Mind Institute in New York City. Chances are, the answer is yes. "If your way of putting food on the table means you have to send your kids to school or your kid is watching TV for three hours while you do your work, then it may be that you're doing the best you can." And while it's hard to find opportunities to unwind, she emphasizes that self-care, even in short bursts, can help your mental and emotional health. "Squeeze in a few minutes of listening to music or watching a video. Anything that will bring fun and relaxation to the stressful time," she says.



"We Lay Ground Rules to Give Our Teens a More Consistent Routine"

Melissa Gunning

STEPMOM OF A 16-YEAR-OLD BOY AND 15-YEAR-OLD GIRL ALAMEDA, CALIFORNIA

RAISING TEENAGERS challenges even the most serene parents. With heightened stress from a pandemic, you've got fodder for a household explosion that would be visible from space.

Melissa Gunning and her husband, Kevin, who have been working from home with their two teenagers since March, knew the family needed some ground rules. They formalized the transition from sleep to school by instituting a morning walk. They programmed their Google Wi-Fi to shut off at 10 p.m. to keep the kids from staying up all night on their phones. (If your service offers a scheduling feature, it's usually found in settings.) They also created an online chore chart with a kanban board,

a project management tool, to keep track of tasks required for allowance (such as walking the dog) and optional ones that earn extra money (like washing a load of towels).

With the day-to-day needs of house and health mostly under control, the Gunnings are now wrestling with the psychological effects of living through a pandemic. Both kids have always been self-motivated, but as the months drag on, Melissa and Kevin feel the need to check in on them more. Melissa thinks their son, especially, has suffered the sting of not having the high school experience he expected. "He feels like he's missing out on a lot," Melissa says.

MAKE IT WORK FOR YOU A study of American high school students last June found that 30 percent were unhappy or depressed due to the pandemic. Help your teens cope by working with them on resilience, says Aliza Pressman, PhD, cofounding director of the Mount Sinai Parenting Center and assistant clinical professor of pediatrics at the Icahn School of Medicine at Mount Sinai in New York City. Validate their feelings of stress, and when you can, encourage them to reframe uncertainty as possibility. Ask your kids to think about the joyful things that have happened during all this time at home that wouldn't have happened otherwise. Doing so once a day, she says, will help your kids (and you) be more open-minded about uncertainty.

"We Shifted Housework Priorities for a More Peaceful Day"

Erlin Kakkad

MOM OF A 4-YEAR-OLD BOY AND 2-YEAR-OLD BOY
DES MOINES, IOWA

ERLIN KAKKAD was in a virtual meeting when her 2-year-old came into the room and announced, "Mama, I want to poop."

That's the reality of potty training during a pandemic. Erlin has learned to roll with the challenges of parenting and working from home, but only after some trial and error. "In the beginning, it was overwhelming. I started to plan every detail of my family's lives," she says. "I started feeling like my health was going down the drain."

So Erlin sat down with her husband, Joy, to figure out what they could delegate to their teams at work, where they had flexibility in their schedules and to-do lists, and what they could simply let go of. Erlin also keeps a stuffed Mickey

Mouse on her desk as a visual boundary for her sons: If Mickey is sitting up, they're free to interrupt her. If he's asleep, she tells them, "We have to be sh-sh-sh quiet."

A shift in priorities was key, Erlin notes. "We now know that having a clean house is less important than having a peaceful day and satisfied minds."

MAKE IT WORK FOR YOU

On average, mothers spend 65 hours a week doing domestic labor, compared with a father's 50 hours, per a Boston Consulting Group study. Before the pandemic, it was 35 and 25 hours, respectively. This sharp increase is why Eve Rodsky, author of *Fair Play*, recommends that couples check in with each other once a day. Set a timer for 10 minutes and chat over a glass of wine or dessert. "Start with 'connection before correction,'" she advises. In other words, ask about the other's day or point out something that went well before jumping into to-dos. And don't worry about settling everything in one meeting; you always have tomorrow. "That's the beauty of this," Rodsky says. "It's a practice." ■



Modern Manners Advice for Your Social Quandaries

BY CATHERINE NEWMAN



N.A. ASKS...

My friends and I often text when we're out shopping, to see if anyone needs anything. I used to offer to pay for the stuff I asked for, but the buyer never accepted. So now I don't offer. How many items would be considered an imposition? I don't want to seem like I'm taking advantage, especially with close friends.

HAVE AN ETIQUETTE QUESTION?

Hover your phone's camera here to submit your question for Catherine, or email her at modernmanners@realsimple.com.



Bless your generous community! Particularly during the pandemic, it's wise not to make extra trips. But yes, the no-reimbursement approach, while expansive in spirit, has its constraints. You might be loath to request a pricier item—olive oil, maxi pads—even if it's what would be most helpful. I'd address the payment problem with total transparency: "I love the way we do this, but I'm wondering if we can put a cap on the freebies, like \$5 or \$10, and then total up beyond that, just to make sure everyone is comfortable asking for what they need." It doesn't sound like anybody in your group is inclined to feel put out, but this might be a way to keep that spirit sparkling.

C.C. ASKS...

I have dinner with my parents, my brother, and his girlfriend every week. My parents and I rotate making meals, but my brother and his girlfriend never contribute. How can I nicely ask them to chip in without ruining our weekly dinners?

I know this isn't news to anyone, but family roles can become maddeningly entrenched. Your brother might be the baby of the family, the precious boy, or the adorably lazy one, and nobody expects different. My 17-year-old suggested you get him a cookbook and inscribe it passive aggressively: "Here's hoping! (#kiddingnotkidding)." If he and his girlfriend have money, ask them to pick up the bigger-ticket items—the steaks, say, or the wine and dessert. Or, given that he may be genuinely (annoyingly) oblivious to the imbalance, you could be more direct: "I know this is awkward, but is there anything I can do to help you start contributing to family meals? I feel like I'm doing more than my fair share." It's just dinner, of course, not *King Lear*. But why not clear the air?

L.M. ASKS...

I'm inclined to address people I meet at work as "Sir" or "Ma'am." I want to be more inclusive, as my colleagues span the spectrum of gender identity. But I also work with some conservative older folks. (I ask people I work with long-term for their pronouns.) Is there a polite expression to replace "sir" and "ma'am," or should I just omit them altogether?

The quick answer is to call everyone "Friend." Or stick with simple graciousness—"please," "thank you," and "It's so nice to meet you." But I love that this is on your radar, given how painful it is to be misgendered, especially for nonbinary folks and people whose presentation doesn't produce accurate assumptions about gender. Asking about preferences is a good strategy, as is introducing yourself with your own pronouns: "I'm Catherine. I use she/her pronouns." Anyone eager to cue you will follow suit. But as for a nongendered replacement for "sir" and "ma'am"... comrade? Cupcake? Colonel? There really isn't one. Old-fashioned honorifics and contemporary gender agnosticism don't overlap much.



B.F. ASKS...

My new son-in-law is kind and caring, and he adores our daughter. However, he has a terrible burping habit. He burps in public and in front of friends and family. He always says excuse me, but the sound is loud and bothersome. My daughter doesn't bat an eye—though she wasn't raised to accept bad manners. Is there anything I can say to make him aware this is something he shouldn't do?

Burping, like nearly every other form of human behavior, has culturally relative significance. Some folks take it to signal a meal well enjoyed; you take it to be rude. Regardless, I've been encouraged by my disability-activist friends to keep bodies and their functions off-limits to questions of etiquette. Your son-in-law may have a health condition, such as gastroesophageal reflux disease, and we don't judge people for their physical abilities or limitations. The politest thing he can do is excuse himself, which he does. As for your embarrassment? Let it go. The belching doesn't reflect your parenting. Be proud you raised a child who picked a wonderful partner and loves him well.

E.H. ASKS...

My husband's mother is technically my mother-in-law, but referring to his dad's wife as my step-mother-in-law seems cold. How should I handle this?

Some cultures have a loose definition of "aunt" and "uncle" that includes any beloved friend, and I wish ours did too. Due to a childhood misunderstanding, my own kids called my husband's stepmother "Uncle Barbara," which she loved. Maybe "stepmother" has negative connotations because everyone hears an implied "evil" before it. And "step-mother-in-law" manages to remove this lovely person from you twice over. Is there any reason not to refer to both women as your mother-in-law? As long as your husband's mother isn't prickly about it, you might find it's worth sacrificing a bit of accuracy for a more inclusive intimacy.

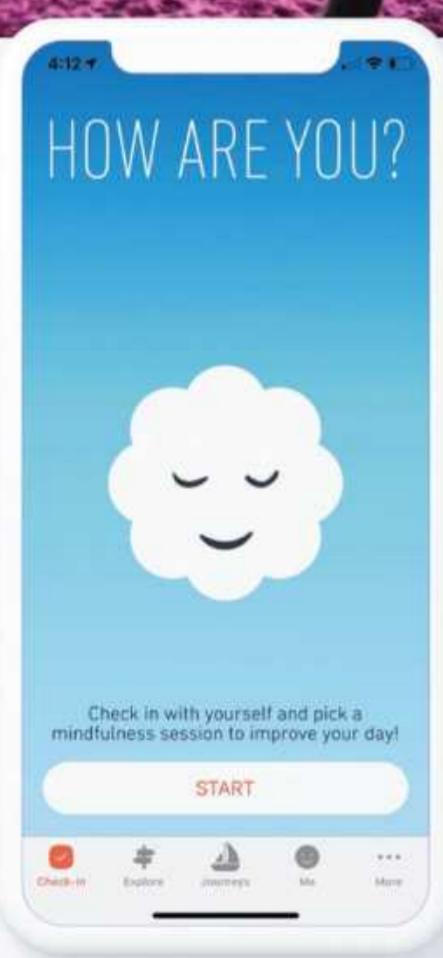
ABOUT CATHERINE

The author of *How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You're Grown Up*, Catherine Newman gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts.

6:20 am Tired
7:20 am Caring
2:45 pm Happy
3:46 pm Worried
4:21 pm Relieved



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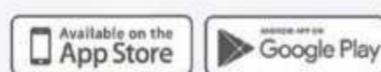


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FIRST PERSON

SILVER METTLE

Hours in the salon chair. All that money for monthly dye jobs.

What would happen, *Susan Choi* wondered, if she just let herself go gray? Nothing short of her whole life changing.



M

Y JOURNEY TO NATURAL GRAY began with the most *unnatural* hair choice of my life—and I've made many.

It was sometime in the late 1990s, and I was somewhere in my late 20s, visiting my best friend in Toronto. When her friend Guy (not his real name) arrived to meet us at a bar, every head turned his way. His lustrous, platinum blond hair resembled a dazzling gem from a spectacular planet we had not yet discovered. You couldn't help looking, and when you did, little dark spots filled your vision, like you'd looked at the sun.

"I've always wanted hair like that," I told him.

The next morning, not long enough after the sun came up, my friend and I were awakened by Guy banging on her door. He had two shopping bags stuffed with drugstore hair dye. "We'd better get started!" he said. "This might take all day."

If I hadn't always wanted hair like his, it was only because I didn't know what I was looking for. A lifelong brunette, I thought my hair was unremarkable, anonymous. I tortured it with serial perms, I cut it into an asymmetrical pompadour, I once even shaved it all off. But maybe it was the color, not the texture or shape, that was wrong. No sooner was the coffee brewing than my friend, Guy, and I were slathering bleach onto my head, our eyes weeping from the fumes. Then we put on a movie and waited—through the entirety of *The French Connection*, followed by *The Godfather*, followed by *The Godfather: Part II*. God help us, I think we even watched *The Godfather: Part III*.

When, an entire day later, we finally panicked and went to a salon, the stylist said, "I think I can get you to yellow," looking with mingled pity and disgust at my bleach-trashed, pumpkin-orange tresses. She did get me to yellow—a lurid canary yellow that, for all its neon qualities, wasn't luminous but just loud. The original goal, to attain Guy's otherworldly, eye-catching platinum, was best forgotten. Remember James Ihia's hair in the '90s? Mine never looked that good. But I returned to New York half proud, half embarrassed, and decided to live with it for a while. On a day that, unlike the day in Toronto, I don't remember at all, I went to a salon and had my hair dyed "back" to its "natural" color.



What makes a sparkling silver color all the more head-turning?
Susan's sculptural chin-length bob.

As anyone who's ever dyed their hair knows, there's no such thing as bringing back your natural color with dye. Your natural hair color, whether you like it or not, is variable, unique, imperfect. It can be skillfully approximated, but never so closely that strong light won't unmask the deception. As my hair continued to grow, my roots continued to not quite match the dark brown with which I'd covered the canary. So even after the canary was gone, I kept dyeing—for so long that a new color came to the party. The years had passed, dyeing had turned into a habit, and now my roots held the odd strand of white. Slowly, as slowly as hair grows, dyeing my hair became a necessity.

There were other things going on too. I'd published a book, gotten married, had a baby. Then I published another book, had another baby. In a life now full of obligations, appointments, and expenses, the imperative to dye my hair was so woven in with the rest that, despite the chore of constantly scheduling it and the alarm of constantly paying for it, I gave it little real thought—even as my hair seemed to demand my attention ever more frequently.

"Mommy, you're getting old-person hair again," my younger son once warned me when he was about 2 years old,

When I so much as mentioned going gray, both old friends and longtime stylists objected with horror.

solemnly touching his wee ngertip to my scalp. He was right—I was always getting “old-person hair.” My roots seemed to pop out before I even got home from the salon. In contrast to my dark, “natural” color, my roots were blindingly bright, a scattering of anomalous diamonds. “Hey—there’s something interesting happening here!” my hair might have been trying to signal to me. But every time those winking diamonds appeared, like my hair was cracking open a window, I slammed that window shut.

I wish I could say I experienced a single moment of revelation. Instead there was a long accumulation of moments: My innocent toddler repeating our culture’s ageism, that silver means old, and that old means undesirable in every possible way. My recollection of Guy’s lustrous platinum and my thwarted attempt to attain it. But more than anything, there was the incredible resistance I encountered when I so much as mentioned going gray. “God no, it will age you,” both old friends and longtime stylists objected with horror. I had such nice skin, I was told; why would I give up appearing younger than I was, by failing to pair that nice skin with dark hair? Why would I ever admit my age? Clearly my age was a liability, and I ought to act like it. At my salon, the stylists proposed increasingly complex alternatives to “growing it out.” The final idea was elaborate highlights, which I somehow agreed to—and so, a few weeks after what turned out to be my last dye job, my hair was three incompatible colors instead of two. I set out in search of a different salon, and I knew I’d found it when the stylist there said, “This obsession with hiding gray hair is a cultural sickness.” Just like that, dyeing grays took its place in my mind alongside wearing corsets. Why had I done it for all these years?

If deciding to go gray was a gradual process, doing it was more gradual still. Despite my new stylist’s ingenious haircuts, I was as patchy as a calico cat for well over a year. Hats were worn. Explanations were made. Unlike those occasions when I stripped out my color and added a fake version back, this new change took root (sorry—couldn’t resist) at the barely perceptible speed of all natural things.

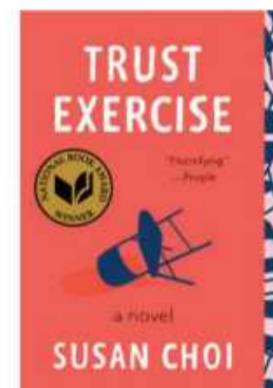
I looked and felt weird for what seemed like a very long time. And then one day, without knowing quite when it happened, I looked and felt different.

My new hair was plainly and recognizably mine, yet I never could have imagined it. It was shiny and smooth, when for years it had been as rough as burlap. And it was variegated in the most unpredictable fashion. In some places it was pure white, in others a mix of grays. At my temples and nape were brushstrokes of long-ago black, that color I’d wiped out in my 20s and thought I’d never see again. My whole life appeared in my hair—my aging parents, my childhood self, myself in the future.

If this seems like a little too much wisdom to have gained from a mere change of hair color, I’ll admit there were other factors. In a process as long as my hair color change but truly unrelated, my marriage came to an end. My children became adolescents. The family life that had consumed me for years disappeared. Given the scope of these changes, my change of appearance seemed more than apt.

Strange to say, my titanium hair often makes me feel younger than I felt in my 30s and 40s. I feel more connected to the girl I was in my teens—the girl who did weird things with her hair, wore weird clothes, thought weird thoughts. At the same time, my titanium hair also makes me feel a little wiser, more aware of past pitfalls, possibly able to make better choices if given a chance.

But the thing I like best about my new hair has less to do with me than with others: It adds a layer of interest to all my encounters. If I ever start dating again, I imagine my hair will serve as a filter. For now, it’s a pleasure to learn which random stranger feels moved to call out, “Is your hair natural?” and, on hearing my answer, emphatically voice approval. It’s a pleasure to see who sees me. Sometimes I even imagine—who knows?—that one of these people feels more seen, just because I stopped dyeing my hair. ■



ABOUT THE AUTHOR

Susan Choi is the author of five novels, including *Trust Exercise*, a recipient of the National Book Award in 2019. *American Woman*, which was nominated for the Pulitzer Prize, was recently made into a movie.

hello, neighbors



THEY'RE THE PEOPLE WHO LIVE
WITHIN VIEW—WITHIN FEET, YARDS,
AND CUP-OF-SUGAR-LENDING DISTANCE.
AND JUST LIKE THAT SUGAR, THEY
CAN MAKE LIFE SWEET. ALL YOU NEED
TO DO IS GET TO KNOW THEM.



how sweet...
DRIVE-BY DANCING

EAST LOS ANGELES During last spring's stay-at-home order, singer-songwriter Jasmine Ash called on her neighbors for help making a music video for her song "Same Sun." At the time, she was new to the City Terrace neighborhood—having lived there only five months—so she posted on Nextdoor, the social network for neighborhoods, to find willing subjects. "I knew it was going to be a shot in the dark, but I was surprised by how many people responded," she says of the dozen-plus volunteers. Soon, she and her filmmaker husband, Brendan Walter, were driving around, filming people dancing in windows and on porches. The final product (search "Jasmine Ash" on YouTube) is a beautiful compilation of people connecting in the midst of isolation, illustrating that we truly are, just as Jasmine's lyrics suggest, "under the same sun." After filming, "some of the people we shot have become good friends I see while walking the dog," she says. "It's so nice to have good neighbors!"

Jasmine Ash is a musician. Her husband, Brendan Walter, makes movies. Just add a neighborhood and you've got yourself a music video!

how sweet...THE ICE CREAM MAN

TUSTIN, CALIFORNIA José Ortega had been driving his ice cream truck through Tustin neighborhoods for seven years—bringing friendship and happiness in the form of Drumsticks and Choco Tacos. But last August, Mike and Allison Hatcher noticed that José's sister was driving the truck, and José was in the passenger seat.

He'd had a heart attack a week before. José had extensive medical bills and no insurance, and the Hatchers couldn't let the man who'd brought so much joy (and Emoji Ice) to their cul-de-sac suffer. They started a fundraiser and spread the word on Nextdoor. In just four days, 185 neighbors raised nearly \$11,000 for him. "I know how beloved José is," Mike says. "I knew if I got the word out, many people would help him in his time of need."



The celebrity of every cul-de-sac is the ice cream man. José Ortega (center) is flanked by the Hatchers: (from left) Allison, Francesca, Deacon, Mike, Geordie the Frenchie, and Ruby.



If you want to know your neighbors, say good morning

IN LAURA INGALLS WILDER'S *These Happy Golden Years*, Laura spends her weekdays boarding with a wretched frontier family while teaching in a one-room schoolhouse. On the weekends, she goes home to Ma and Pa and Carrie and Grace. In one scene, she identifies a major difference between the two homes: Her own family says good morning. "Laura had never noticed before that saying 'good morning' made the morning good," Wilder writes. And though I live more than 130 years later, very far from the South Dakota prairie, here's the thing: It's still true!

Many years ago, when I was on the Bright Angel Trail in the Grand Canyon, I realized it's hikers' etiquette to say good morning to every single person you encounter. It's so cheerful, and so radically simple: On this entire planet, you and I happen to find ourselves together at this one spot. Why not acknowledge the goodness of it? So I brought the practice home with me. When I ran in the park on weekdays before work, whoever passed in the opposite direction got a "good morning." People were taken aback at first, but after a few weeks, my repeat "customers" started reciprocating. I say good morning on my block every day. In fact, there is one guy on my street who I see so often, whose face is such a muscle-memory trigger, that I sometimes say good morning to him when it's twilight and my family and I are walking to dinner. He obviously says good morning back to me, and we laugh. Because that's what neighbors do!

A few weeks ago, while we were walking our dog, my daughter pointed out that I have a system. Anyone we pass on our block or on the way to school gets a "good morning." As soon as I turn onto an avenue, though, I switch to just "hi." I hadn't realized that I'd codified my personal rule of civility, but I'm glad she did. And I only hope she takes it with her wherever she goes.

—Rory Evans is Real Simple's executive editor.

how sweet...
**SIMPLY WALKING
TOGETHER**

NASHVILLE Shawn Dromgoole's family has lived in the 12 South neighborhood for 55 years.

But after the murder of Ahmaud Arbery, the 30-year-old noted on Nextdoor that he no longer felt safe walking the nearby streets, because of an uptick in violence against Black men and women across the country. So began his movement: More than 300 neighbors commented to apologize, offer support, and volunteer to walk alongside him. Last June 4, hundreds of people showed up to walk two miles with him. The route, he says, "was a symbolic choice. They were the streets I walked as a child and no longer felt safe on." Seeing the crowd behind him, he recalls, "was overwhelming and amazing. I was speechless, and in some ways I still am." (He especially loved hearing that people who'd lived on the same street for years were meeting for the first time.) Since that walk, he has coordinated 30 more in five states. "It's so important to unify one step at a time."

If you want to know your neighbors, get a dog



tHE FIRST GUT PUNCH of grief hit me when I realized that 4 p.m. had come and gone unnoticed. Every day, a few minutes before the hour, my cute mutt, Jake, used to stare at me, nudging me to get his dinner. Now Jake is gone, and the disappearance of the comforting cadence he brought to my days is like a minute-by-minute reminder of my loss. Friends and family console me by telling me I saved him. But a rescue organization did that. By the time I met him, at an adoption event in 2013, he had already been saved, just not settled.

The real story is that Jake saved me. Before Jake, I was separated from the world by a pane of dirty glass. Me on one side, everything and everyone else on the other, obscured by streaks and hard-water drips. I kept to myself. I avoided socializing. I rarely reached out. I assumed the worst in people and figured they saw the worst in me.

Then I started walking this little black-and-tan creature around the East Village in Manhattan. His confident strut made people smile, even stop to chat. This undeniable proof that people want to connect and be kind shattered the glass. I became lighter, friendlier, more at ease.

Jake never rushed. He sniffed everything. If I tried to move him along, he'd plant his feet and pull back on the leash in protest. Once I let go of the idea that our walks were about getting somewhere, my internal ticking slowed down. I started to notice, to see the same people, to understand the rhythm of the neighborhood. I'd exchange hellos with the supers at the buildings on my block. I joked with the barber down the street. I tried out my Spanish with the handyman who rode his Huffy from job to job. And I started making small talk with my neighbor, who I'd lived across the hall from for seven years with barely a word. Eventually we developed a real friendship.

Jake was 2 when I adopted him, I was told. In truth, said the vet, he was between 4 and 6. He'd had a full life before me. Whatever had happened in that life left him anxious and skittish, had depleted his well of trust in humans. I met him too late to save him; the damage was done. Trusting me was a matter of survival. But I like to believe that his trust evolved into something else—that this scared little dog learned to be loved, same as me.

—Lisa Arbetter is a writer in New York City.

how sweet.A BOY'S HOMECOMING

LOUISVILLE, KENTUCKY Until November 2019, Jordan Young was active on his school's basketball, football, and swim teams. But when he was diagnosed with aplastic anemia, he and his mom, Julie Hamilton, had to move to Cincinnati to get medical care. After 307 days in the hospital, Jordan, now 13, finally returned home...to a "Welcome Home" parade, featuring more than 50 neighbors in cars and golf carts. "It was an eye-opener for Jordan to actually see so many people rooting for him," Julie says. "Seeing people take time out of their lives for him, my heart was so full. This was, hands down, the most beautifulest thing anyone has ever done for us, if that's even a word." It should be.

how sweet... A GOOD LOST-AND- FOUND STORY

ALEXANDRIA, VIRGINIA

While cleaning out her late mom's old trunk, Ann Cameron Siegal came across an unfamiliar U.S. Army uniform decorated with ribbons from World Wars I and II.

Hoping to get it to the owner's family, she posted about the uniform on Nextdoor. After more than 100 comments—"some from sleuths, some from cheerleaders," Ann says—including help from a military historian, she had the answer: It had belonged to Colonel Royal L. Gervais, who'd died in 1967 at the age of 73. "I could almost feel the virtual high-fives and hugs" on Nextdoor, Ann says, when the mystery was solved. She tracked down Gervais's great-grandchildren and a grandson. Over the summer, they had a socially distanced handoff of the uniform in her backyard. "I still smile about the connections made with history, the community, and the colonel's family—all at a time when connections were much needed," she says.

how sweet... SIGNS OF INCLUSION

DALLAS Flying in front of a house in the Eastwood Hills neighborhood was not just one Confederate flag, but four. And the nearly 400 comments about them on the local Nextdoor board were starting to feel divisive. Gabe Navalta, the board's "lead" (akin to a moderator), yearned to hit reset on the conversation. He suggested creating a separate board, where people could talk civilly and find ways to build a positive community. Several dozen neighbors joined, and they decided that a sign representing inclusiveness would be a great way to share their message.

"We wanted to show that while one person might not be welcoming, the neighborhood at large was," he says. Gabe's sister, Jo Halverson, designed the "Better Together Eastwood Hills" placard, with four fists of varying skin tones raised in unity. Demand for the signs was so high, Better Together expanded into other Dallas neighborhoods. "When my husband and I walk, we see so many signs," Gabe says. "It makes me proud to live here, knowing that one sour apple won't spoil the bunch."

how sweet... INTERSTATE DONATIONS

MISSOURI CITY, TEXAS Living in a suburb of Houston, Susana Knight has weathered her share of hurricanes. (After Hurricane Harvey in 2017, "all my furniture was on the second floor," she recalls.) So when Hurricane Laura hit Lake Charles, Louisiana, last August, she felt blessed and spared—and inspired to help. She kicked into high gear, setting up a supply drive for essentials, like food, diapers, water bottles, work gloves, and cleaning supplies. "What a beautiful community I live in," Susana

says. Her neighbors and nearby churches and schools offered up so many goods, "I couldn't walk in my downstairs." In fact, she had to rent a 20-foot moving truck to bring the haul to Lake Charles, though she had no experience driving a vehicle like that. "You gotta do what you can do," she says. "I figured I'd just drive real slow." As it happened, she didn't need to: A friend offered to drive for the entire five-hour round trip. Despite the mountain of supplies they dropped off in Lake Charles, she says, "I got back more than I gave."

ABOUT NEXTDOOR Nextdoor is an app for neighbors. Members use it to buy, sell, share, and donate items; organize events; and stay in the know about community happenings. To join in your neighborhood, download the free app or go to nextdoor.com.



Shreya (left) and Saffron Patel show off some handwritten cards.

how sweet... HANDWRITTEN LETTERS

BOSTON Throughout the pandemic, 19-year-old Shreya Patel and her 17-year-old sister, Saffron, had been keeping in touch with their grandparents in the U.K. with near-daily video calls. Inspiration struck them when their grandmother, who lives alone, showed them a letter she got in the mail. “She was just beaming!” Shreya says. “She told us about it for a week straight.” Realizing the power of a handwritten note, the sisters reached out to nearby care homes

to see if elderly residents wanted letters. Within a week, 200 seniors were awaiting pen pals, and Letters Against Isolation, as the sisters’ organization is called, got to writing. By January, more than 10,500 volunteers in five countries had sent out 115,000 letters, alleviating a very 2020 challenge (quarantine) with an age-old balm. “One woman told us it reminded her of getting love letters when she was young,” Shreya says. “And this time, she won’t lose them.”



If you want to know your neighbors, find your park

fOR ALL THE HARDSHIP and isolation of quarantine, it was also an opportunity to think about the details that define community. Here in my adopted city of New Orleans, my immediate community is Bayou St. John, a neighborhood named for the natural channel of water that winds through it. Across the bayou and just a few blocks from my house is City Park, more than 1,300 acres of public space and reportedly home to the world's largest collection of live oak trees (some of them over 600 years old!). It's a beautiful park, and partly why I've wanted to live in this neighborhood since I moved to New Orleans, long before my husband and I were able to find a (small, unrenovated) house we could actually afford.

Being close to the water and to so much nature in the middle of a city was a gift I felt and appreciated. But when quarantine began, it was something I truly depended on. New Orleans is normally full of distractions, and the park always competed with several other ways for me to spend my free time. Then suddenly, solitary outdoor exercise was the only activity permitted—and riding my bike through the park and along the bayou became my one source of solace and sanctuary amid the turmoil of the world.

I also realized another reason the park was such a comfort: Whenever I went there, I wasn't alone. Riding my bike might be a solitary experience, but there were always other people in the park with me, having solitary experiences of their own. I imagined them coming from all over the city, dealing with difficulties and stresses brought on by the pandemic but, like me, seeking sanctuary. I saw them walking through the fields of wildflowers on Marconi Drive, or reading on benches near the entrance to the closed art museum. I saw women pushing toddlers in strollers, teenagers whipping past on skateboards, older couples with fishing poles sitting in lawn chairs by the banks of the bayou, while brightly colored kayaks drifted along the water. Once, I rode by a man in jeans cutoffs playing the trumpet as he sat alone in a gazebo near the tennis courts. A few times, I saw people on horseback, hooves clattering on the pavement as they passed me.

City Park abounds with natural beauty, but what was most beautiful to me was that it was shared. In some ways I felt connected to everyone I saw there, moved by the knowledge that even though we were experiencing the crisis differently, living very different lives, the park was a place where we could come together, taking comfort in nature and also one another's presence. It reminded me that, however isolated I sometimes felt, I was not going through this alone.

—Ladee Hubbard's latest novel, *The Rib King*, came out in January.

how sweet.SHARING

OAKLAND, CALIFORNIA As many of Melissa Bookin's neighbors moved away during the pandemic, they piled still-useful belongings into dumpsters. Donating the items to local families without homes, Melissa met three women and asked them what they needed. Specificity is key, she says. Because they requested tents, sleeping bags, and pillows, "that night three women were out of the cold." She's since founded the Oakland Compassion Project, which connects neighbors with locals in need: "The power of community never ceases to amaze me."

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The Beauty of

PASTA

at Your Fingertips

WITH JUST THREE INGREDIENTS AND
A BIT OF TIME, YOU CAN EXPERIENCE THE JOYS
OF MAKING IT FROM SCRATCH.

By ANANDA EIDELSTEIN
Photographs by VICTOR PROTASIO

To me, pasta isn't just a satisfying, saucy bowl of noodles.

I also think of comfort, love, heartbreak, exhaustion, and joy. In fact, pasta is the answer to most things in my life. Tired after a long flight (when those were a thing), I'd have pasta on the table soon after I walked through the door. On the brink of a breakup many moons ago, I'd whip up bowls of reconciliation pasta. But there is a special magic in fresh pasta, which goes beyond quick comfort: It's quality time with my grandma, watching her wrinkled hands shape the dough. It's falling in love with my boyfriend during the early days of quarantine, when there were no restaurant dates but nights at home filling silky pasta sheets with creamy ricotta.

As a food editor, I spend most of my days cooking in my tiny New York City kitchen. Even at the end of long days at the stove, I still yearn for the feeling of fresh pasta dough in my hands, for the meditative experience of rolling and shaping. Whether I'm immersing myself in the calmness and simplicity that is flour, eggs, and water, or I'm rallying my partner or family to join me on this sweet, playful journey, making pasta from scratch always brings me joy. You see, it has that power. I believe the best things are the things we make ourselves, with our own hands. Fresh pasta is at the top of the list.

Here, at *your* fingertips, is a guide for seamless results. Working with a machine or by hand, you can enjoy homemade pasta dressed up with fuss-free pantry sauces.

MASTER PASTA DOUGH

MAKES **ABOUT 1 LB.** ACTIVE TIME **45 MINUTES**
TOTAL TIME **1 HOUR, 15 MINUTES**

2½ cups all-purpose flour, plus more for dusting
3 large eggs

PLACE flour in a large bowl and create a well. Add eggs and 1½ teaspoons water to well; beat eggs with a fork. Slowly incorporate flour into egg mixture. Once about half the flour is incorporated and shaggy pieces of dough begin to form, use your hands to bring dough together into a ball. Transfer to a work surface, along with any remaining flour in bowl. Knead, pressing any loose flour into dough, until smooth and elastic, 8 to 10 minutes. Wrap tightly in plastic wrap. Let rest at room temperature for at least 30 minutes and up to 2 hours, or refrigerate for up to 1 day. (If refrigerating, let dough come to room temperature before rolling, about 1 hour.) Roll and cut into desired shapes.





Ricotta Roll-Ups in Creamy Pumpkin Sauce

Thin layers of pasta hug a sage-spiced ricotta filling in this eye-catching and comforting dish.

TO ROLL AND CUT DOUGH BY HAND...

Unwrap dough and cut in half. Place 1 piece on a work surface; rewrap remaining piece. Flatten dough into an oval with the heel of your hand. Roll dough with a rolling pin, starting in the center and working outward, turning 90 degrees clockwise every few rolls. Continue until a large, very thin oval sheet forms (about $\frac{1}{16}$ inch thick) and you can see the outline of your hand through it.

FOR RICOTTA ROLL-UPS (PAGE 105): Lightly dust a baking sheet with flour. Cut pasta sheet into 5 smaller sheets (about 7 by 5 inches each); discard scraps. Lightly dust with flour. Transfer to baking sheet and cover. Repeat with remaining dough, stacking sheets as needed on baking sheet. (You should have 10 sheets.)

FOR FETTUCCINE (PAGE 105): Lightly dust a baking sheet and pasta sheet with flour. Loosely roll pasta sheet into a long, flat log about 2 inches wide. Cut crosswise into $\frac{1}{4}$ -inch slices with a sharp knife. Loosen into strands. Lightly dust with flour and toss to separate strands. Trim stringy ends. Transfer to baking sheet, grouping into 4 nests, or loose piles (see page 101); cover. Repeat with remaining dough. (You should have 8 nests.)

TO ROLL AND CUT WITH A PASTA MACHINE...

Lightly dust a baking sheet with flour. Unwrap dough and cut into 4 pieces. Place 1 piece on a work surface; rewrap remaining pieces. Flatten dough into a rectangle to fit machine. Starting with widest setting, pass dough through machine 3 times; lightly dust with flour after each pass to prevent sticking. Reduce roller width 1 notch and repeat, dusting with flour as needed. Continue reducing roller width 1 notch at a time, feeding sheet through each setting 2 times, until sheet is slightly thinner than $\frac{1}{16}$ inch thick and you can see the outline of your hand through it. (It is unlikely to make it through all settings.) Lightly dust sheet with flour. Transfer to baking sheet and loosely cover. Repeat with remaining dough, overlapping sheets on baking sheet.

FOR RICOTTA ROLL-UPS (PAGE 105): Lightly dust a baking sheet with flour. Working with 1 sheet at a time, cut each sheet crosswise into 3 smaller sheets (8 to 9 inches long). Lightly dust with flour. Transfer to baking sheet and cover. Repeat with remaining sheets, stacking as needed on baking sheet. (You should have 12 sheets.)

FOR FETTUCCINE (PAGE 105): Lightly dust a baking sheet with flour. Hook fettuccine cutter attachment to machine. Working with 1 sheet at a time, pass through cutters. Lightly dust with flour and gently toss to separate strands. Trim stringy ends. Transfer to baking sheet, grouping into 2 nests, or loose piles (see page 101); cover. Repeat with remaining sheets. (You should have 8 nests.)

**Fettuccine
with Cheesy
Artichoke Sauce**

Delicate strands of pasta
mingle in a rich, silky
sauce made with a pantry
shortcut: zesty jarred
artichokes.



If you're strapped for time and can't wait to try this sauce, sub in 1 pound store-bought fresh or dried pasta.

RICOTTA ROLL-UPS IN CREAMY PUMPKIN SAUCE

ACTIVE TIME 55 MINUTES
TOTAL TIME 1 HOUR, 25 MINUTES
SERVES 6

3 cups part-skim ricotta cheese (from 2 [16 oz.] containers)
3 Tbsp. finely chopped fresh sage, plus whole leaves for serving
4 oz. shredded, low-moisture mozzarella cheese (1 cup), divided
 $2\frac{3}{4}$ tsp. kosher salt, divided, plus more for water
 $\frac{1}{4}$ tsp. freshly ground black pepper
 $\frac{1}{4}$ cup olive oil, divided
2 cloves garlic, finely chopped
1 29-oz. can pumpkin puree
1 cup half-and-half
2 tsp. apple cider vinegar
 $\frac{1}{2}$ tsp. freshly grated nutmeg
1 recipe fresh pasta sheets (see Master Pasta Dough recipe on page 102 and rolling instructions on page 103)

STIR ricotta, chopped sage, $\frac{1}{2}$ cup mozzarella, $\frac{3}{4}$ teaspoon salt, and pepper in a bowl until well combined.

HEAT 2 tablespoons oil in a large saucepan over medium. Add garlic; cook, stirring constantly, until lightly golden, about 1 minute. Add pumpkin; cook, stirring constantly, until combined, about 1 minute. Whisk in half-and-half, $\frac{1}{4}$ cup at a time, until smooth, about 2 minutes. Stir in vinegar, nutmeg, and remaining 2 teaspoons salt. Remove from heat.

BRING a large pot of generously salted water to a boil. Set a wire rack inside a large, rimmed baking sheet. Add half the pasta sheets to boiling water. Cook, gently stirring often, until just tender and floating, about 2 minutes. (Pasta rolled and cut by hand will take 2 to 3 minutes.) Carefully remove pasta with a slotted spoon and tongs and transfer to rack on baking sheet; arrange in an even layer as much as possible (it's OK if sheets crease and slightly overlap). Repeat with remaining pasta sheets. Reserve $\frac{1}{2}$ cup cooking water.

PLACE pumpkin sauce over low heat and gradually whisk in reserved cooking water in 2 batches until smooth. Pour 3 cups sauce into a 9-by-2-inch round cake pan or $2\frac{1}{2}$ -quart baking dish. Keep remaining sauce warm over low, stirring occasionally, until ready to use.

PREHEAT oven to 450°F. Working with 1 cooked pasta sheet at a time (gently unfolding if creased), place on a clean work surface, short side facing you. Spread about $\frac{1}{3}$ cup ricotta filling over bottom third of sheet and roll into a loose cylinder. Cut crosswise into 3 even pieces. Nestle pieces, cut side up, in sauce in pan, starting from outside edge and working inward to fill pan. Repeat with remaining pasta sheets and ricotta filling. Spoon remaining sauce on top and between crevices. Top with remaining $\frac{1}{2}$ cup mozzarella.

BAKE until cheese is melted and browned in spots, 15 to 20 minutes. Let cool for 10 minutes. Meanwhile, heat remaining 2 tablespoons oil in a small skillet over medium. Add whole sage leaves; fry, stirring often, until leaves curl and turn bright green, about 1 minute. Transfer to a paper towel with a slotted spoon. Top ricotta roll-ups with fried sage leaves.

FETTUCCINE WITH CHEESY ARTICHOKE SAUCE

ACTIVE TIME 25 MINUTES
TOTAL TIME 30 MINUTES
SERVES 6

1 12-oz. jar marinated artichokes
1 recipe fresh fettuccine (see Master Pasta Dough recipe on page 102 and rolling instructions on page 103)
6 Tbsp. unsalted butter, cubed, divided
1 tsp. lemon zest (from 1 lemon)
 $\frac{1}{2}$ tsp. freshly ground black pepper
4 oz. grated Parmesan cheese (about 1 cup), divided
 $\frac{1}{4}$ tsp. kosher salt, plus more for water
 $\frac{1}{2}$ cup loosely packed fresh flat-leaf parsley leaves, finely chopped

BRING a large pot of generously salted water to a boil over high. Drain artichokes over a small bowl; reserve 1 tablespoon drained marinade. Roughly chop artichokes; set aside. Cook fettuccine in boiling water, stirring occasionally, until just tender and floating, 1 to 2 minutes (fettuccine rolled and cut by hand will take 2 to 3 minutes). Ladle $1\frac{1}{2}$ cups cooking water into a heatproof measuring cup or bowl. Drain fettuccine; set aside.

MELT 4 tablespoons butter in a large nonstick skillet over medium-high until sizzling. Stir in chopped artichokes and reserved 1 tablespoon marinade. Spread artichokes in an even layer and cook, undisturbed, until lightly golden in spots, 6 to 8 minutes. Stir in lemon zest, pepper, and $1\frac{1}{4}$ cups reserved cooking water. Bring to a simmer.

ADD cooked fettuccine and remaining 2 tablespoons butter; toss with tongs to loosen fettuccine. Reduce heat to low. Add $\frac{1}{2}$ cup cheese, stirring and tossing until melted, about 30 seconds. Add salt and remaining $\frac{1}{2}$ cup cheese; cook, stirring and tossing, until sauce is silky and coats fettuccine, 1 to 2 minutes. Add remaining $\frac{1}{4}$ cup cooking water if needed to loosen sauce. Remove from heat; sprinkle with parsley. Serve immediately.

FRESH CAVATELLI WITH GARLIC TOMATO SAUCE

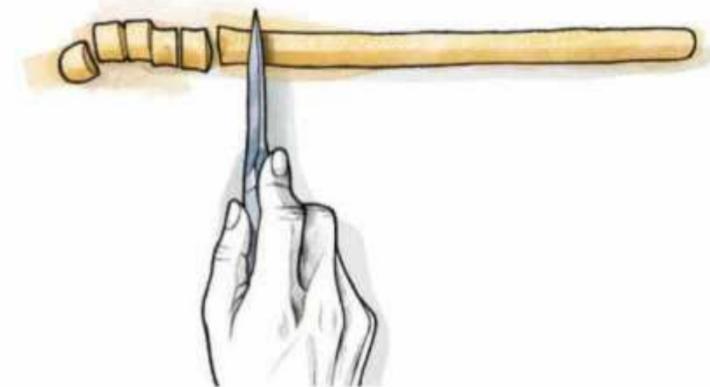
ACTIVE TIME **1 HOUR, 15 MINUTES**
TOTAL TIME **1 HOUR, 20 MINUTES**
SERVES **4 TO 6**

10 oz. semolina flour (about $1\frac{3}{4}$ cups),
such as Bob's Red Mill, plus more
for dusting
 $1\frac{1}{4}$ tsp. kosher salt, divided, plus more
for water
 $\frac{1}{3}$ cup olive oil
8 cloves garlic
2 shallots, thinly sliced (about $\frac{1}{2}$ cup)
1 28-oz. can whole peeled
plum tomatoes
 $\frac{3}{4}$ tsp. dried oregano
Grated Parmesan cheese,
for serving (optional)

STIR flour, $\frac{1}{2}$ cup plus 1 tablespoon water,
and $\frac{1}{4}$ teaspoon salt in a large bowl until
crumbly pieces of dough form. Transfer
to a work surface. Using your hands, press
together dough pieces and remaining
dry flour until a mass forms. Knead dough
until uniform, smooth, and firm, 5 to 7
minutes. Wrap tightly in plastic wrap; let
rest at room temperature for at least
1 hour and up to 3 hours.

MEANWHILE, make the sauce: Place oil
and garlic in a saucepan over medium-low.
Once garlic starts to sizzle, reduce heat to
low. Cook, stirring occasionally, until gar-
lic is golden in spots, 10 to 12 minutes. Add
shallots and $\frac{1}{4}$ teaspoon salt; cook, stir-
ring often and lightly mashing most garlic
cloves with a fork, until shallots are very
tender, about 10 minutes.

While the other
shapes require a bit
more precision
(and patience),
cavatelli is an espe-
cially nice project
for kids. Just roll the
dough into a rope
and play!



STEP 1



STEP 2



STEP 3

DRAIN tomatoes over a medium bowl or
liquid measuring cup; reserve $\frac{1}{2}$ cup
liquid. Place drained tomatoes in a large
bowl and gently crush with your hands.
Stir tomatoes into garlic mixture. Bring
to a simmer over medium-low. Partially
cover; cook, stirring occasionally and
mashing tomatoes lightly with a wooden
spoon, until sauce has thickened slightly,
15 to 20 minutes. Add reserved $\frac{1}{2}$ cup
liquid; cook, partially covered, stirring
occasionally, for 10 minutes. Stir in
oregano and remaining $\frac{3}{4}$ teaspoon salt.

BRING a large pot of generously salted
water to a boil over high. Lightly dust a
baking sheet with flour. Unwrap dough
and cut into 4 pieces. Place 1 piece on a
work surface; rewrap remaining pieces.

SHAPE cavatelli: Roll dough into a $\frac{1}{2}$ -
inch-thick rope. Cut rope crosswise into
 $\frac{1}{2}$ -inch pieces (see step 1 at right); pieces
will flatten as you cut. Working with 1 piece
at a time, hold a table knife flat on top,
blade parallel to cut sides. Place index and
middle fingers on top of knife (step 2).
Press into dough and roll knife until dough
comes off in the shape of a hot dog bun
(step 3). Place on prepared baking sheet.
Repeat with remaining dough.

COOK cavatelli in boiling water, stirring
occasionally, until just tender, 5 to 7 min-
utes. Drain, reserving $\frac{1}{4}$ cup cooking
water. Add cooked cavatelli and reserved
cooking water to tomato sauce. Place
saucepan over low heat and cook, stirring
constantly, until pasta is coated in sauce,
1 to 3 minutes. Top with cheese, if desired.

With no machine required,
this dough comes together
in a snap, leaving more
time for the fun part:
the shaping. All you need
is a table knife to form
these classic shells.

Fresh Cavatelli
with Garlic
Tomato Sauce

PATTERN

PLAY

Mix colors and graphics to take your decor from meh to major with these expert ideas.

BY LESLIE CORONA
PHOTOGRAPHS BY KELLY MARSHALL
STYLING BY SARAH SMART

1

ONE AND DONE

You can't go wrong sticking with a single color—it lets you combine patterns to your heart's content. Cheryl Luckett, a designer in Charlotte, North Carolina, shares her tips.

Choose a color from a nearby room in your home. For example, if you have hints of blue in the den, carry that hue into the dining room.

Let upholstery, pillows, and wallpaper be the jumping-off point. Then incorporate patterned tiles or rugs.

Go with one large-scale pattern. Add a few medium and small patterns; play with tones of the color within those.





2



A FAILPROOF FOUNDATION

In this Los Angeles living room, designer Emily Henderson used a white sofa as the blank canvas for pillows—perfect elements to experiment with if you're pattern shy. Here's how to pull off a cohesive look.

Choose one pattern family. Even on a neutral background, pillows with very different patterns would look off. Henderson chose mostly stripes, with varying widths.

Opt for safe color choices. Navy and mustard provide pop without being too bold. Find other color ideas on page 115.

For a laid-back feel, gather an odd number of pillows (like three or five) into groups. If you want a more traditional vibe, go with groups of even numbers.

#INSPO
Follow these hashtags on Instagram for pattern ideas: #patternplay, #designscheme, #interiorflatlay, and #flatlayfriday.

3

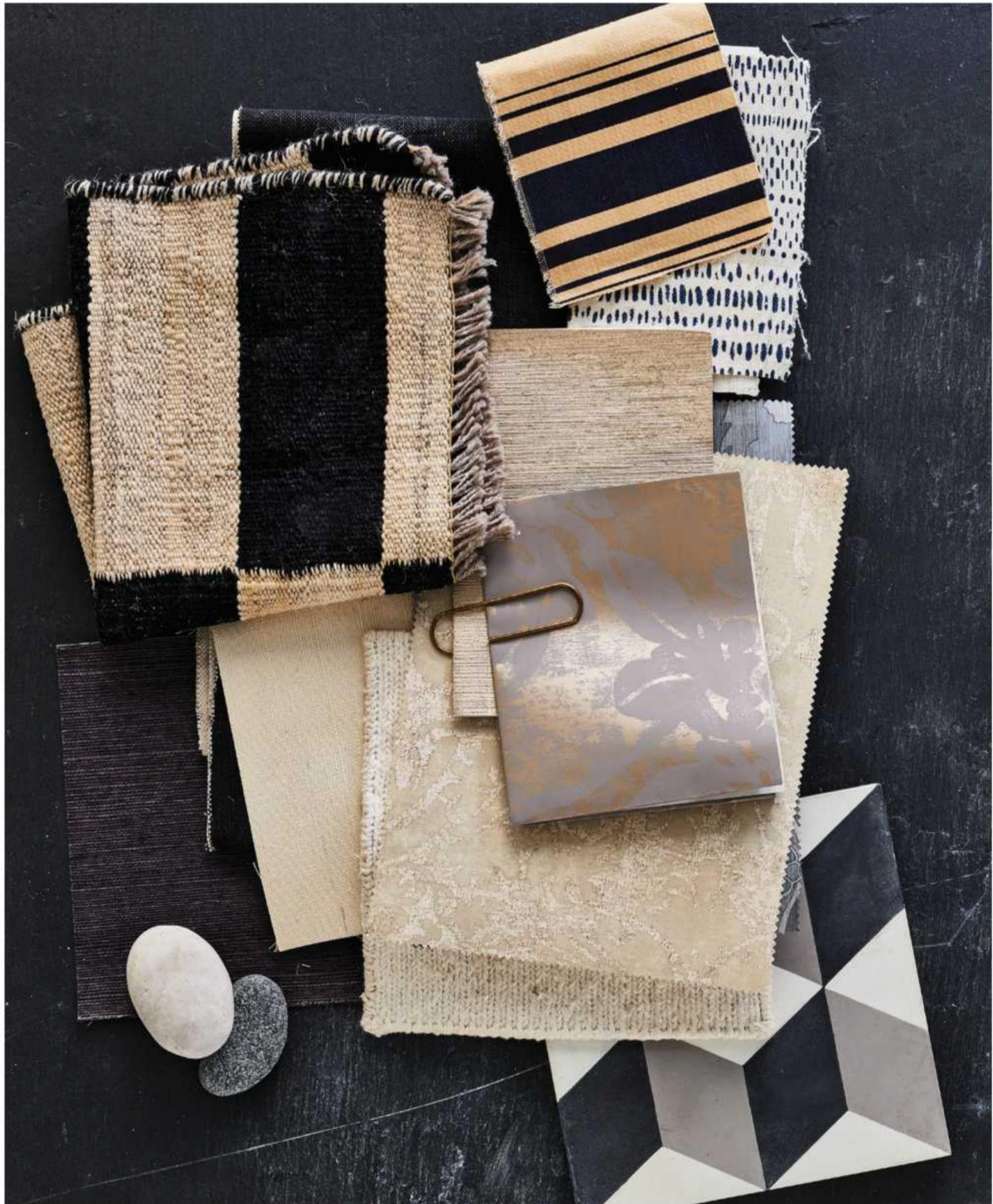
SET THE TONES

A tone-on-tone palette and simple geometric shapes create a patterned oasis, says Courtney Bishop, a designer in Charleston, South Carolina.

USE NEUTRAL SHADES to ensure a calming experience. Nothing should be jarring to the eye.

INCORPORATE DIFFERENT SCALES OF THE PATTERN. "A larger pattern on a rug might be too dominant if alone in a room, but adding a similar, smaller pattern on drapes can balance it out," Bishop says. "Curtains are a great place to use pattern, because they can make a room feel finished."

EMBRACE PATTERNED UPHOLSTERY OR CUSHIONS. They're pretty, of course, but also very practical—they can hide stains, pet hair, and general wear.





4

CHECKS, PLEASE

Different colors and sizes of gingham bring a playful camp vibe to a room. Max Humphrey, a designer in Portland, Oregon, and the author of *Modern Americana* (out in April), mixed checks in a kids' room.

USE LARGER PATTERNS ON BIGGER ITEMS, like the rug, and smaller ones on littler things, like pillows.

CREATE MOMENTS OF VISUAL REST. The mostly white Hudson's Bay blanket breaks up the patterns so they don't overwhelm the space. The candy-colored stripes still play off the linear quality of the gingham.

TAKE ADVANTAGE OF A ROOM'S ARCHITECTURAL DETAILS when choosing patterns. Here, the board-and-batten wall echoes the lines of the rug. The grain of hardwood floors or the brick on a fireplace can function as a pattern too.

5

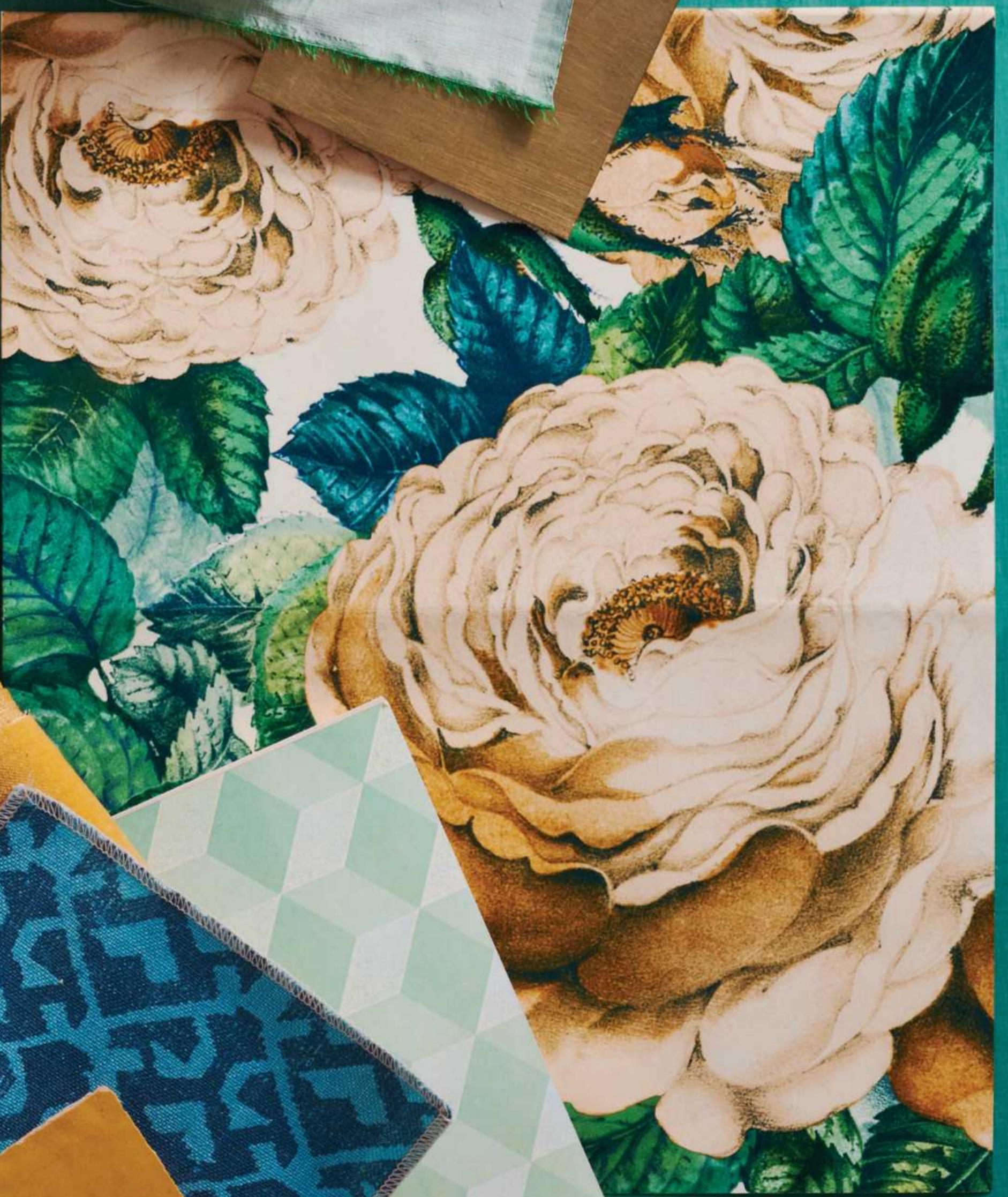
OLD MEETS NEW

If you are a fan of florals but afraid they'll look fuddy-duddy, designer Charlotte Harris Lucas from Charlotte, North Carolina, suggests pairing them with geometric shapes to keep the look modern.

If you plan to place a large-scale floral right next to another pattern, go with a smaller geometric print.

An edgy pattern can make a room feel fresh, as can a solid, bright accent color (like chartreuse or tangerine) on a pillow or upholstered chair.

ANOTHER WAY TO TWEAK THE TRADITIONAL
Upholster a classic antique in an era-defying fabric—think Marimekko on an Empire loveseat.



6

PRIMARY PRINT

For Houston designer Katie Davis, the inspiration for this bedroom came from a single swatch of floral fabric (it became the bolster pillow).

Choose a solid color from a fabric or wallpaper and use it on a large area, as Davis did here with the pinky-peach headboard. It adds some simplicity among the many patterns.

Wallpaper bigger spaces, like bedrooms or dining rooms, in large patterns. "A tiny pattern can be a lot to take in," Davis says.

Seek balance. If you choose a fantastically patterned wallpaper, balance it with solid upholstery. If you use a boldly patterned sofa or headboard, hold back on dominant patterns on walls and window treatments.





7 CAST OF CHARACTERS

If you want to go all out with patterns and colors, New York City designer Crystal Nielsen recommends a 1-2-3 formula: one dominant pattern, two supporting patterns, and three solids.

PICK A PRIMARY PATTERN that has many colors to broaden your options for the supporting patterns and solids.

THE SUPPORTING PATTERNS SHOULD BE VISUALLY QUIET.

Layering bold on bold isn't advised for anyone dipping their toes into the pattern-mixing pool.

SANDWICH A SOLID-COLORED PILLOW between two patterned ones to highlight the design.

OPPOSITE PAGE: DESIGN BY KATIE DAVIS DESIGN; PHOTOGRAPH COURTESY OF MELISSA FITZGERALD WEST.
THIS PAGE: MOSAIC HOUSE C13 EVERGREEN CEMENT TILE; MOSAICHSE.COM

WINNING COLOR COMBOS

Sometimes the hardest part of pairing patterns is figuring out what colors go together.

These are a dozen of our favorite groupings.





Hungry for Healthy

By Jenna Helwig
& Courtenay Smith

Photographs by
Victor Protasio

People who eat
the Mediterranean
way are often healthier,
sharper, and happier.
It's as simple—and
scientifically proven!—
as that. Here's some
delicious inspiration.

E

ATING HEALTHY in the age of disinformation is tricky business. You can choose between keto, paleo, Whole30, intermittent fasting—not to mention diet plans launched by celebrity influencers, who tout them on Instagram and in best-selling books. Sorting through all the competing claims and conflicting advice (drink skim milk; actually, whole milk; wait, make that almond milk!) is so head-spinning that healthy eating DIY becomes healthy eating “Why try?”

Well, allow us to cut back the weeds and guide you down a widely proven path to health: the Mediterranean diet. It's not really a diet per se, but a way of eating that evolved naturally, along with civilization itself. (Envision the Greeks, Romans, and Mesopotamians snacking on olives and grapes as they debated the best forms of government and the duties of citizenship.)

The Mediterranean style of eating is now among the most studied diets in the world, and it's one of the most effective ways to boost health: Research suggests it may prevent heart disease, preserve cognition, and increase life span and vitality. That explains why it's been the top diet pick of the media-storm-making U.S. News & World Report for four years running. “The Mediterranean diet has stood the test of time, it's sustainable, and it's delightful in the bargain,” says David L. Katz, MD, MPH, coauthor of *How to Eat* and chief executive officer of Diet ID, a digital diet assessment platform.

The powerful health effects come from two key trade-offs, Katz says: You eat fewer processed foods and more natural ones, and you eat less animal protein and more plants.

Make the Mediterranean diet a part of your life with our simple strategies.

Your At-a-Glance Guide

A Mediterranean diet is rich in produce, whole grains, and nonsaturated fats, with small amounts of dairy, fish, and lean meat.

Flexibility is a hallmark, making the diet easily adaptable to other cultures. Sheela Prakash, RD, author of *Mediterranean Every Day*, and Amy Gorin, RDN, suggest this approach.

Build all your meals around...

Vegetables: Leafy greens, peppers, broccoli, cauliflower, carrots, onions, eggplant, squash, mushrooms, potatoes, sweet potatoes, beets.

Fruits: Apples, grapes, berries, oranges, tomatoes, olives, avocados (yes, the last three are fruits!).

Whole grains: Oatmeal, brown rice, quinoa, farro, whole-grain pasta, whole-grain bread, whole-grain tortillas.

Nuts and seeds: Walnuts, almonds, hazelnuts, sesame seeds, pistachios, sunflower seeds, pumpkin seeds, almond butter, peanut butter, tahini.

Beans and legumes: Chickpeas, lentils, white beans, kidney beans, black beans, pinto beans, lupini beans.

Olive oil

Herbs and spices: Garlic, rosemary, thyme, basil, parsley, oregano, black pepper, cumin, cinnamon.

Water and wine: Drink as much water as you wish. If you'd like, have a small glass of wine (four ounces or less) per day.

A few times a week, eat small portions of...

Dairy: Milk, yogurt, cheese (plain, whole-milk, and 2 percent varieties).

Poultry and eggs

Seafood: Salmon, shrimp, cod, anchovies, sardines, canned light tuna.

A few times a month, have a bit of...

Meat: Beef, pork, lamb.

Sweets and processed foods: Baked goods, potato chips, chocolate, candy.

Stock Your Pantry

While fresh is best, lots of canned goods are nutritionally sound and convenient. Try low-sodium canned tomatoes, beans, and corn, plus seafood in tins (like sardines and salmon).

Stock Your Freezer

Frozen produce is minimally processed and helps reduce food waste. Stash frozen cauliflower rice, broccoli, squash, and berries. And keep a loaf of sliced whole-grain bread in the freezer as well; it won't get moldy or stale, and you can pop it right into the toaster.



Healthier Twists on Common Dishes

Breakfast

Try: Simmered eggs in tomato sauce instead of eggs, bacon, and toast. **Benefit:** Two servings of vegetables—before 10 a.m.!

- Wilt 1 cup baby spinach in olive oil in a small pan. Add ¾ cup marinara sauce. Crack in 2 eggs; season with kosher salt. Cover and cook until whites are cooked through, 8 to 10 minutes. Serve with whole-grain pita.

Try: Fruit and honey parfait instead of a granola yogurt cup.

Benefit: More antioxidants, less added sugar.

- Top 1 cup plain whole-milk or 2% Greek yogurt with 1 handful fresh fruit, like blueberries or sliced strawberries. Drizzle with honey. Sprinkle with chopped toasted walnuts, almonds, or pistachios.

Lunch

Try: A tuna and grain bowl instead of tuna salad on bread.

Benefit: A big boost of fiber.

- Start with a scoop of cooked whole grains, like brown rice, quinoa, freekeh, or farro. Add a layer of spinach and chopped vegetables, like tomatoes, cucumbers, celery, and onion. Top with tuna. Dress with olive oil and lemon juice and sprinkle with sea salt.

Try: A mozzarella, pepper, and artichoke melt instead of a grilled cheese. **Benefit:** More veggies, less saturated fat.

- Drain and roughly chop roasted red peppers and marinated artichokes. Pile onto a thick slice of whole-grain toast. Add a bit of torn fresh mozzarella. Broil until cheese is melted and bubbly. Top with chopped fresh parsley or basil.

Snack

Try: Dressed-up apples instead of peanut butter cups. **Benefit:** More healthy fat, less processed sugar.

- Halve and seed an apple. Dollop 2 tsp. peanut butter in the middle of each half. Sprinkle with cinnamon or cocoa powder.

Try: Mini antipasto platter instead of cheese and crackers.

Benefit: Healthy fats and fiber.

- Keep the cheese and crackers, but have just a couple of each. Round out the plate with a few almonds or olives and some grapes or dried figs.

Dinner

Try: Whole-grain spaghetti with mushrooms and greens instead of spaghetti with meat sauce.

Benefit: More whole grains and veggies.

- Cook 12 oz. whole-grain spaghetti. Meanwhile, sauté 1 lb. sliced cremini mushrooms and 3 minced cloves garlic in olive oil. Add a 28-oz. can crushed tomatoes,



season with kosher salt and black pepper, and simmer. Toss cooked spaghetti with sauce. Stir in a few handfuls of baby spinach, arugula, or kale until just wilted.

Try: Steak and veggie kebabs instead of steak and mashed potatoes. **Benefit:** More veggies, less red meat.

- Thread chunks of lean beef (like sirloin or tenderloin) and vegetables (like button mushrooms, cherry tomatoes, and 1-in. cubes of colorful peppers, onion, and zucchini) onto 8-to-12-in. skewers. Grill or broil. Serve with potatoes roasted with olive oil, lemon juice, and oregano.



Even small changes to your daily diet can make a big difference when you're trying to go Mediterranean.

Mediterranean Quick Tips

Become BFFs with olive oil. Use it to whip up salad dressings and marinades, roast vegetables, and sauté meat or fish. Don't stop there: Drizzle that liquid gold onto pasta, soup, and even oatmeal. Top with flaky sea salt for an extra hit of flavor.

Keep a couple of easy side salads in your back pocket. Chopped tomatoes and cucumbers dressed in olive oil, lemon juice, salt, and pepper goes with everything from grilled meats to omelets. Thinly shredded cabbage (or bagged coleslaw mix) tossed with oil, vinegar, and salt adds punch to sandwiches, tacos, and burgers.

Serve a simple green salad with every dinner. Toss arugula or other greens with a drizzle of olive oil, a squeeze of lemon juice, and a pinch of flaky sea salt.

Go nuts! Sprinkle one or two tablespoons of walnuts, almonds, cashews, pistachios, hazelnuts, or any other nut over oatmeal, yogurt, salads, pastas, or cooked vegetables. Or just grab a handful for a healthy snack.

Add fresh herbs for a pop of color, flavor, and antioxidants. Toss dill or cilantro into salad, sprinkle tarragon or parsley into scrambled eggs, or make a savory yogurt dip with plain Greek yogurt, chopped parsley, and grated cucumber.

Make hummus a mainstay.

With pita chips or carrot sticks, it's a great quick snack, of course. You can also smear it onto your sandwich or wrap instead of mayo. Or spread a few generous spoonfuls on the bottom of a shallow bowl and top with roasted vegetables or sautéed greens and a jammy, soft-cooked egg.

Prep whole grains ahead. Cook a big batch of brown rice, quinoa, farro, barley, wheat berries, or bulgur and freeze three-quarter-cup servings in individual containers. Defrost them in the fridge overnight for salads. Or add them directly to olive oil in a hot pan for a quick sauté—the grains will become crispy and irresistible.

Enjoy fruit for dessert. A bright orange clementine, a bowl of sweet berries, or a few cubes of juicy pineapple will satisfy your sweet tooth. You'll avoid added sugars and get some bonus nutrients.

Remember: The Mediterranean diet is also about how you eat. Whenever possible, sit down with family or friends (even over Zoom!) and savor every bite of your delicious, healthy food.

CONTRIBUTING EXPERTS

TOBY AMIDOR, RD, CDN, AUTHOR OF *THE BEST 3-INGREDIENT COOKBOOK*

KELLY TOUPIS, RD, LDN, DIRECTOR OF NUTRITION AT OLDWAYS, A FOOD AND NUTRITION NONPROFIT

THE TASTE
YOU LOVE,
AT A PRICE
YOU'LL LOVE.



A PIZZA MASH-UP / CHICKEN SALAD / DIY INSTANT OATMEAL

FOOD



You may find lacinato labeled as Tuscan kale, black kale, cavolo nero, or dinosaur kale (due to those bumpy leaves).

IN SEASON

Kale, Yeah!

Leafy green lacinato is more tender and mild than other varieties, like curly kale and red Russian kale.

SHOP for bunches with fresh, dark green leaves and no signs of wilting or yellowing.

STORE in a produce bag in the coldest part of the refrigerator.

TO PREP, slice out tough stems with a knife. Or just use your fingers to pinch around the leaf at the base and strip off the greens.

TO SERVE, wilt chopped leaves in warm pastas, stews, and soups. Cook low and slow for braised greens, or quickly sauté in a hot skillet with olive oil and garlic. To enjoy raw, thinly slice leaves and toss with a creamy dressing.

—Ananda Eidelstein

EASY DINNER 1

"French Onion Soup" Pizza

ACTIVE TIME 25 MINUTES TOTAL TIME 35 MINUTES SERVES 4

✓ Vegetarian ✓ Family Friendly ✓ Freezable



- 3 Tbsp. olive oil, divided, plus more for baking sheet
- 6 large shallots, thinly sliced (about 4 cups)
- $\frac{1}{2}$ tsp. kosher salt
- 2 tsp. balsamic vinegar
- 1 lb. store-bought pizza dough, at room temperature
- 4 oz. Gruyère cheese, shredded (about 1 cup)
- $\frac{1}{2}$ cup whole-milk ricotta cheese
- 1 Tbsp. chopped fresh flat-leaf parsley
- 1 tsp. fresh thyme leaves

PREHEAT oven to 500°F with a rack in lowest position. Heat 2 tablespoons oil in a heavy-bottomed pot or Dutch oven over medium. Add shallots and salt; cook, stirring occasionally, until caramelized and browned, 12 to 15 minutes. Add water 1 tablespoon at a time (up to $\frac{1}{4}$ cup) as needed if shallots start to burn. Remove from heat and stir in vinegar.

BRUSH a large baking sheet with a generous amount of oil. Stretch dough into a rough 12-inch circle and place on baking sheet. Brush remaining 1 tablespoon oil onto dough. Spread shallot mixture evenly over dough, leaving a $\frac{1}{2}$ -inch border. Top with Gruyère and rounded tablespoons of ricotta.

BAKE pizza on lowest rack until crust has puffed and cheese has melted, 10 to 12 minutes. Remove from oven and sprinkle with parsley and thyme.

PER SERVING: 692 Calories, 28g Fat (10g Saturated), 47mg Cholesterol, 7g Fiber, 26g Protein, 88g Carbs, 1,185mg Sodium, 13g Sugar

EASY DINNER 2

2 oz. Parmesan cheese, finely
grated on a Microplane
(about 1¼ cups)
1 tsp. freshly ground black
pepper, divided
1 lb. hanger steak, trimmed
1½ tsp. kosher salt, divided
3 Tbsp. olive oil, divided
3 cloves garlic, finely chopped
2 canned or jarred anchovy
fillets, chopped
2 6-oz. bunches lacinato kale,
stemmed and chopped
(about 10 cups)
1 pt. cherry tomatoes, halved

PREHEAT oven to 400°F. Toss cheese and ½ teaspoon pepper in a bowl. Pile mixture into 10 mounds on a parchment-lined baking sheet. Bake until cheese crisps are thin, browned, and lacy, 9 to 11 minutes. (Cheese will continue to crisp as it cools.)

HEAT a large skillet (not non-stick) over medium-high. Season steak with 1 teaspoon salt and remaining ½ teaspoon pepper. Add 2 tablespoons oil to skillet. Sear steak, flipping once, until desired degree of doneness, 4 to 5 minutes per side for medium-rare. Transfer to a cutting board.

WIPE skillet clean and heat over medium. Add garlic, anchovies, and remaining 1 tablespoon oil; cook, stirring constantly, until softened, about 1 minute. Add kale, 1 cup tomatoes, and remaining ½ teaspoon salt; cook, stirring often, until kale is wilted, 6 to 8 minutes. Add remaining tomatoes halfway through cook time.

CRUMBLE cheese crisps into large pieces; stir half into kale mixture. Slice steak and serve with kale and remaining crisps.

PER SERVING: 376 Calories, 22g Fat
(7g Saturated), 52mg Cholesterol, 3g
Fiber, 33g Protein, 12g Carbs, 979mg
Sodium, 2g Sugar

Hanger Steak with Crispy Cheese and Kale Salad

ACTIVE TIME 30 MINUTES TOTAL TIME 40 MINUTES SERVES 4

✓ Gluten-Free



EASY DINNER 3

Herby Chicken Salad Tartines

ACTIVE TIME 15 MINUTES
TOTAL TIME 15 MINUTES SERVES 4

✓ Quick Cooking ✓ Make Ahead ✓ Family Friendly



1/2 cup mayonnaise
2 Tbsp. Dijon mustard
2 tsp. apple cider vinegar
2 tsp. honey
1/2 tsp. kosher salt
1/2 tsp. celery seeds
3 1/2 cups shredded rotisserie chicken breast (12 oz.)
1/2 cup roasted unsalted almonds, chopped
1 Tbsp. chopped fresh tarragon
1/4 cup sliced fresh chives, plus more for serving
8 slices sourdough bread (1/2 in. thick), toasted
3 small radishes, thinly sliced

WHISK mayonnaise, mustard, vinegar, honey, salt, and celery seeds in a large bowl. Add chicken, almonds, tarragon, and chives. Stir to combine.

DIVIDE chicken salad evenly among toast slices. Top with radishes and more chives.

PER SERVING: 614 Calories, 34g Fat (5g Saturated), 84mg Cholesterol, 4g Fiber, 36g Protein, 39g Carbs, 1,035mg Sodium, 4g Sugar (3g Added)


COZI
COOK WITH COZI
Get *Real Simple's* easy weeknight-dinner recipes in Cozi, a meal-planning and organizing app from Meredith Corporation (free; iOS and Android).

EASY DINNER 4

Spicy Chorizo Chili

ACTIVE TIME 20 MINUTES

TOTAL TIME 30 MINUTES SERVES 4

- ✓ Quick Cooking ✓ Freezable ✓ Make Ahead
- ✓ One Pot ✓ Gluten-Free



- 1 Tbsp. olive oil
- 12 oz. fresh Mexican chorizo, casings removed
- 1 yellow onion, chopped
- 1 poblano chile, stemmed, seeded, and chopped
- 1 Tbsp. tomato paste
- 2 tsp. chili powder
- 1 tsp. kosher salt
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 2 15-oz. cans no-salt-added pinto beans, drained and rinsed
- 3 cups unsalted chicken broth
- Diced avocado, finely shredded cabbage, chopped fresh cilantro, and lime wedges, for serving

HEAT oil in a large pot over medium-high. Add chorizo in large chunks; cook until browned, about 2 minutes. Break up chorizo with a wooden spoon. Cook, stirring occasionally, until browned on all sides, about 3 minutes. Transfer to a bowl using a slotted spoon. Discard all but 1 tablespoon drippings in pot.

ADD onion and poblano to pot; cook, stirring often, until softened, about 5 minutes. Add tomato paste, chili powder, salt, cumin, and garlic powder; cook, stirring constantly, until fragrant, about 1 minute. Add 1 cup beans and mash with a fork. Add broth, chorizo, and remaining beans; bring to a boil. Reduce heat to medium-low and simmer until slightly thickened, about 5 minutes. Top with avocado, cabbage, and cilantro. Serve with lime wedges.

PER SERVING: 606 Calories, 39g Fat (10g Saturated), 60mg Cholesterol, 13g Fiber, 26g Protein, 41g Carbs, 1,034mg Sodium, 7g Sugar



EASY DINNER 5

Skillet Quinoa with Olives and Tofu

ACTIVE TIME 30 MINUTES

TOTAL TIME 50 MINUTES SERVES 4

- ✓ Whole-Grain ✓ Vegetarian
- ✓ Gluten-Free

1 Tbsp. ras el hanout (Moroccan spice blend)
 1½ tsp. kosher salt
 ¼ cup olive oil, divided
 1 small red onion, finely chopped
 1½ cups quinoa, rinsed
 1 15-oz. can fire-roasted diced tomatoes, undrained
 2 cups unsalted vegetable stock
 7 oz. extra-firm tofu, drained and patted dry
 ½ cup pitted Castelvetrano olives, halved
 ¼ cup golden raisins
 ¼ cup roasted unsalted pistachios, chopped
 Fresh cilantro leaves and plain whole-milk yogurt, for serving

STIR ras el hanout and salt in a small bowl. Heat 2 tablespoons oil in a large skillet with a lid over medium-high. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Add 2 teaspoons ras el hanout mixture;

cook, stirring constantly, until fragrant, about 1 minute. Add quinoa; cook, stirring constantly, until lightly toasted, about 1 minute. Stir in tomatoes and stock; bring to a boil. Cover and reduce heat to medium-low. Cook until almost all liquid is absorbed, 18 to 20 minutes. Remove from heat. Let stand, covered, for 10 minutes.

MEANWHILE, cut tofu crosswise into 4 even pieces. Cut each piece into 6 triangles. (You will have 24 triangles.) Season with remaining ras el hanout mixture. Heat remaining 2 tablespoons oil in a large nonstick skillet over medium-high. Add tofu; cook, flipping once, until crispy and golden brown, about 2½ minutes per side.

STIR olives, raisins, and pistachios into quinoa mixture. Top with crispy tofu and cilantro. Serve with yogurt.

PER SERVING: 567 Calories, 27g Fat (3g Saturated), 0mg Cholesterol, 8g Fiber, 18g Protein, 65g Carbs, 1,160mg Sodium, 13g Sugar

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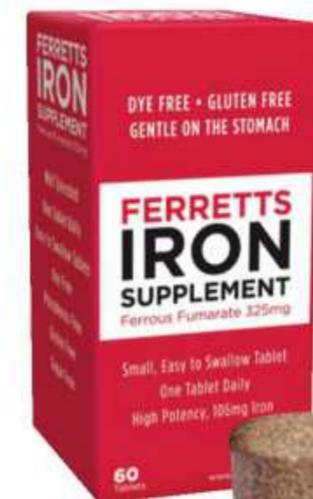
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Mood: Spring

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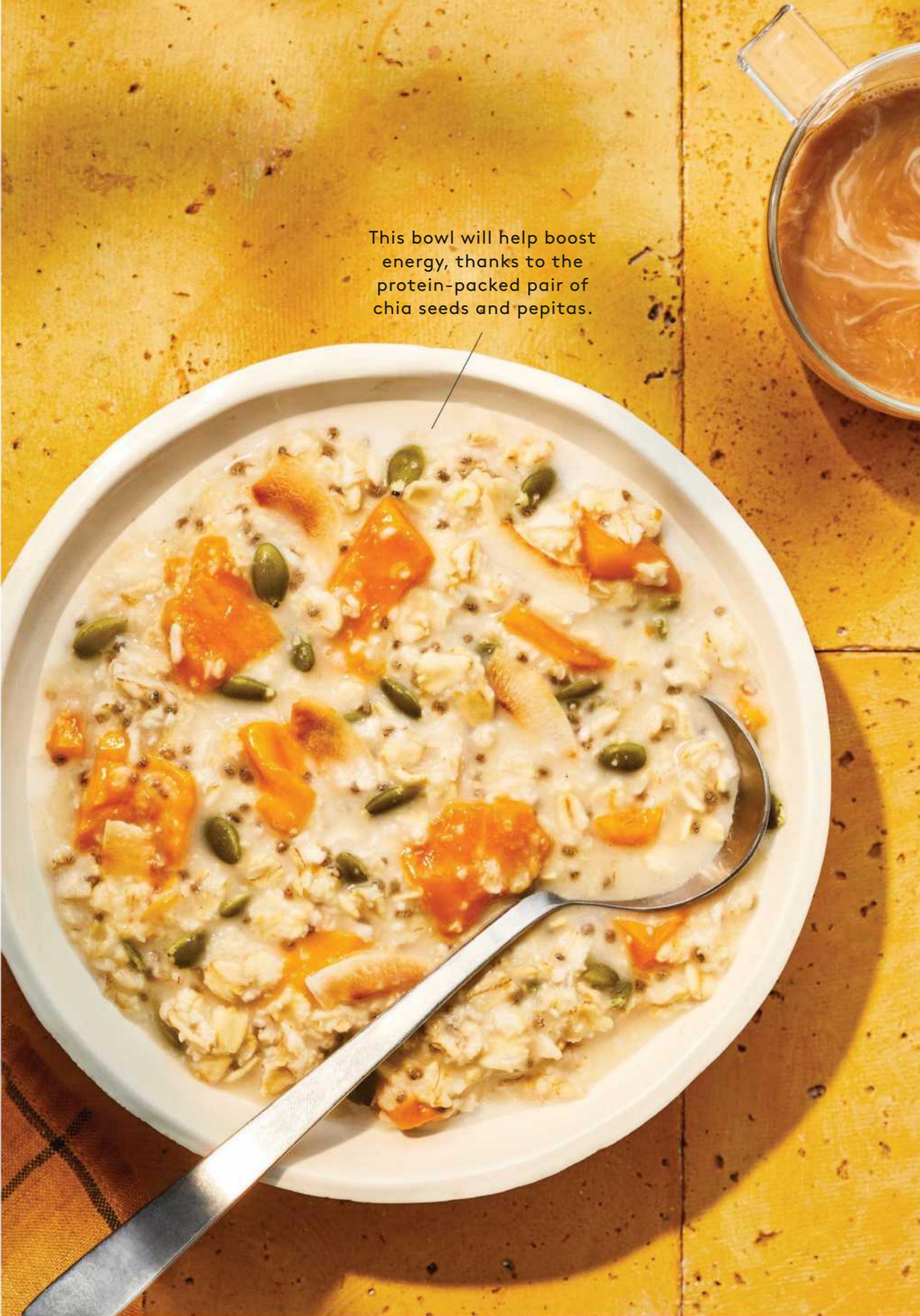
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By Ananda Eidelstein





PUMPKIN SEEDS

Also called pepitas, these are basically what you scoop from a jack-o'-lantern, just without the tough white hulls. The pretty green seeds have a delicate flavor and gentle crunch. Plus, they're rich in inflammation-reducing antioxidants and magnesium, a mineral that supports bone health. Try them blended into a smoothie or a pesto, or as a salad topper.

**ACTIVE TIME 15 MINUTES
TOTAL TIME 20 MINUTES
SERVES 20**

1½ cups unsweetened flaked coconut
6 cups old-fashioned rolled oats, divided
1½ cups dried mango (7 oz.), chopped
1 cup roasted unsalted pumpkin seeds (pepitas)
¼ cup chia seeds
4 tsp. light brown sugar
½ tsp. kosher salt
Dairy or nondairy milk, for serving (optional)

PREHEAT oven to 350°F. Spread coconut evenly on a baking sheet. Bake until golden, about 3 minutes. Let cool to room temperature.

MEANWHILE, process 2 cups oats in a food processor until finely ground, about 1 minute. Transfer to a large bowl. Stir in coconut, mango, pepitas, chia seeds, sugar, salt, and remaining 4 cups oats. Store in an airtight container at room temperature for up to 3 months.

TO SERVE: Scoop ½ cup mix into a large cereal bowl and stir in ¾ cup boiling water. Let sit until thickened, about 5 minutes. For a creamier version, combine ½ cup mix with ¾ cup water in a microwave-safe bowl, cover with a paper towel, and microwave on high for 2 minutes. Stir in a splash of milk before serving, if desired.

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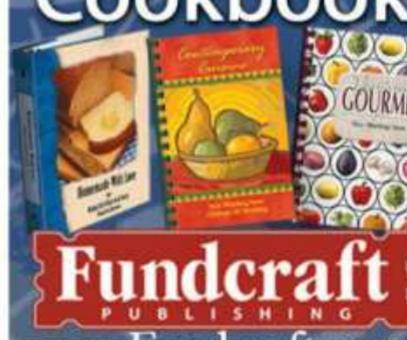
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A close-up photograph of a pink flower, likely a rose, with water droplets glistening on its petals. The lighting is soft, creating a dreamlike and intimate atmosphere.

BREATHE

PINK FLOWER FOCUS

Looking closely at these vibrant petals, explore the colors, light, and shadows. Let your eyes wander; notice the shapes and patterns. Picture yourself standing in a peaceful garden full of colorful flowers. Choose one thing you enjoy looking at, and spend a moment admiring it. Get specific, identifying what you see: "The color of that flower is so vivid." Allow yourself to be filled with joyful appreciation, and imagine you're sharing that feeling with someone you know.

—JAMIE PRICE, MyLife,
a personalized mindfulness app

STOCKSY

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